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vegetarian times

May/June 2010
vegetariantimes.com

36 EASY SUMMER RECIPES

eat fresh, get lean

- 21 days to a healthy lunch habit
- 30-minute dinners, no messy pans!
- Breakfast favorites from veg B&Bs

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NEW WAYS TO LOVE BEETS

Detox your kitchen
5 inexpensive upgrades

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Photography by Pornchai Mittongtare
Food styling by Liesl Maggiore
Prop styling by Robin Turk

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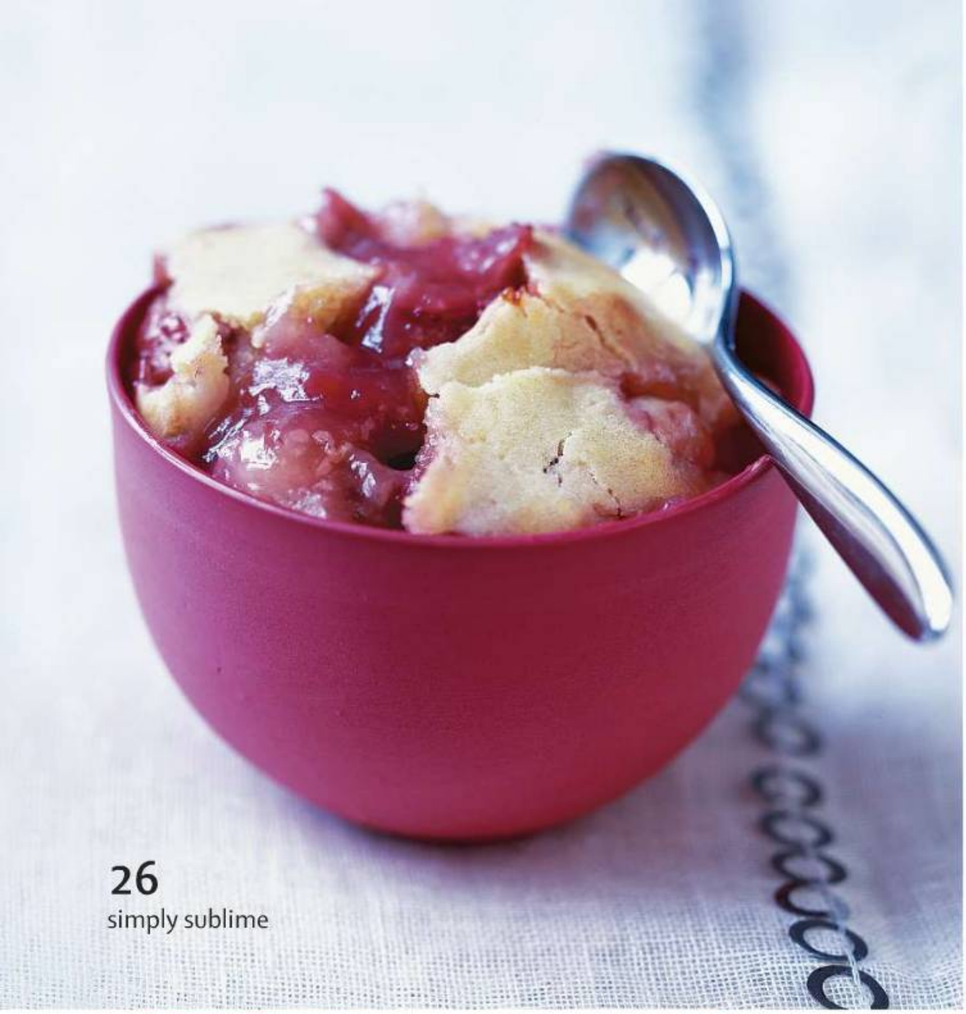

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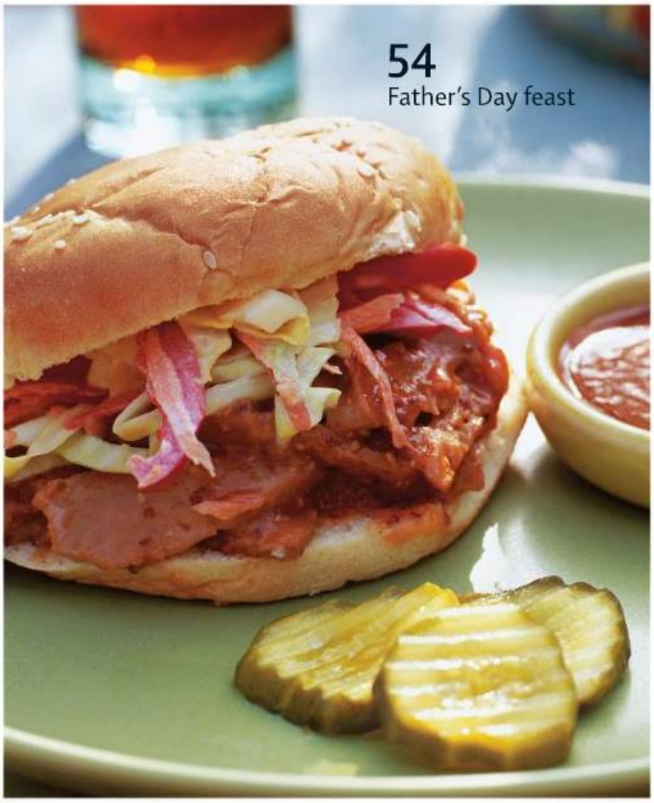

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special-issue alert

Don't miss *VT Presents: Farmers' Market Cookbook,* a month-by-month keepsake guide to buying and cooking with summer produce at its seasonal peak. This special newsstand-only issue hits stores June 1, and it's a beauty.

got lunch?

For the past couple of weeks, the lunch routine at the *VT* office has gone completely off the rails.

It started when our recipe tester, Fiona Kennedy, left for a three-week vacation to Ireland. With Fiona out of the country, our regular recipe-tasting schedule (every Tuesday and Wednesday at noon sharp!) screeched to a halt. You might think we'd worry about falling behind on our deadlines, but our concerns were more immediate. Without Fiona, we faced three long weeks with *no free lunch.*

We didn't panic. With *VT*'s 2010 Foodie Awards right around the corner, we had a lot of grocery goodies to sample. Our solution: do the sampling at lunchtime. Every day.

I'm proud to announce the results of our ambitious lunch-hour experiment: the final nominations list for *VT*'s 2010 Foodie Awards. Between now and June 9, you can visit vegetariantimes.com to see our nominations and cast your votes for the best of the best. Editors' picks and readers' favorites will be revealed in our October issue, and voting gets you a chance to win some amazing cookware prizes.

Just to be clear, identifying 100-plus items worthy of Foodie Awards nominations means tasting obscene amounts of food (and not all of it good). We did it so you don't have to. And now that it's over, we're ready to get back on a healthful lunch path.

If, like us, you suspect that your midday meal (or lack thereof) is the weakest link in your diet, check out our special 21-Day Lunch Challenge ("Break for Lunch," p. 59). Try this three-week plan to transform your lunch break into the healthiest hour of your day. For three weeks starting May 10, we'll offer daily online support on the *VT* Editors' Blog in the form of expert tips, delicious recipes, and more.

Elizabeth Turner

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC

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contributors

Ilana Eck

Writer, Recipe Developer, "1 Food 5 Ways: Beets," p. 72

Who or what inspires you most?
I am most inspired by fresh local produce from my CSA crop share. Each week's share provides a new challenge; to use all of the beautiful veggies in tasty, creative ways is great fun for me.

What did you discover while on this assignment?
I discovered that you don't need to spend a lot of time preparing beets to enjoy them. A raw shredded beet slaw is now my go-to beet dish.

What was your most memorable dining experience ever?
Happening upon a quaint farmers' market while driving around Ireland on a beautiful sunny day. Speaking to the farmers and making a picnic of fresh Irish cheese and brown bread was amazing.

What was your best improvisatory moment in the kitchen?
Adding leftover beets to my brownie batter.

Christine Richmond

Writer, "Detox Your Kitchen," p. 22

What did you discover while on this assignment?
I learned that wooden and bamboo utensils won't scratch my cookware. Phew! Time to swap out my plastic spatula.

Are you a flinger or a measurer?
Definitely a measurer; I grew up doing more baking than cooking. I even use a proper measuring spoon when making coffee every morning.

What's your No. 1 kitchen staple?
I like having lemons on hand at all times. They perk up most dishes and beverages and look pretty sitting in a bowl too.

What's your favorite cooking tool?
I love my Microplane zester and don't know how I lived without it, especially when it comes to grating lemon zest.

Lisa Romerein

Photographer, "Dad's Day Afternoon," p. 54; "B Is for Breakfast," p. 68

What did you discover while on these assignments?
That a toffee cake is *really* good.

What's your No. 1 kitchen staple?
Half-and-half (for coffee) and sriracha sauce (I always want to add a little spice to things).

What's your favorite cooking tool?
My French press, but that isn't cooking. I would say my steamer. Quick, easy veggies.

What fruit or veggie best describes you and why?
The cherry: little and intense.

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Patricia B. Fox

VICE PRESIDENT, GROUP PUBLISHER, *VEGETARIAN TIMES* AND *YOGA JOURNAL*
Bill Harper
310-356-2270; bharper@aimmedia.com
PUBLISHER'S ASSISTANT **Lori Rodriguez**

Business Offices
300 N. Continental Blvd., Suite 650, El Segundo, CA 90245
310-356-4100; fax: 310-356-4110

EAST COAST ADVERTISING MANAGER **Lorrie Allen,** 617-566-8277; lallen@aimmedia.com
MIDWEST ADVERTISING MANAGER **Kathi Magee,** 414-897-0377; kmagee@aimmedia.com
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Marketing & Web
MARKETING DIRECTOR **Celine Bleu,** cbleu@aimmedia.com
EVENTS AND PROMOTIONS MANAGER **John Robles,** jrobles@aimmedia.com
MARKETING MANAGER **Ashley Miller,** amiller@aimmedia.com
COMMUNICATIONS DIRECTOR **Dayna Macy,** dmacy@aimmedia.com
RESEARCH DIRECTOR **Kristy Kaus,** kkaus@aimmedia.com
EXECUTIVE EDITOR, WEB **Andrea Ferretti**
SALES STRATEGIST, WEB **Caroline Casper**
BUSINESS OPERATIONS MANAGER, WEB **Hannah O'Reilly**
WEB PRODUCTION ASSISTANT **Allison Blake**

Custom Publishing
VICE PRESIDENT, GROUP PUBLISHER
Susan McNamee
303-641-2244; smcnamee@aimmedia.com
MANAGING EDITOR **Lisa Barley**

Address editorial correspondence to:
Vegetarian Times, 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245; fax: 310-356-4111
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technique
chop, chop!
Learn how to slice, dice, mince, and chiffonade like a pro

letters

CUTTING EDGE

Thank you so much for the Technique article in the April issue ("Chop, Chop!," p. 38). The explanations and illustrations were perfect, and the accompanying recipes look great. I also enjoyed the video posted on *VT*'s Editors' Blog; it was very helpful to see these techniques in action.

KATIE BELTZ | POWHATAN, VA.

SIMPLICITY SHINES

Just when I thought I couldn't be more impressed with *VT*, you make my life easier with the 30 Minutes ("By Special Request ...," April, p. 22) that utilizes the same ingredients for all the recipes. As a busy vegetarian mom with a toddler, I don't always have time to make a family dinner before he goes to bed. I am happy to say that this week we have eaten three meals together thanks to this twist. The Pita Quesadillas with Cilantro Hummus were a huge hit. Please consider repeating this theme for busy and healthy parents everywhere.

MAGGIE KNOWLES | PORTLAND, MAINE

NOT JUST FOR PASSOVER

As a vegetarian, it is always a challenge to come up with menu ideas for seders where most of those in attendance are used to eating meat. This year, my daughter and I included the Garlicky Leek and Artichoke Soup and the Greens and Quinoa Pie featured in the "Super Seder" article (Easy Entertaining, March, p. 50). Both these dishes were delicious. We will be using them in the future—and not just for Passover.

MIRIAM RUDNICK | VIA E-MAIL

CAN'T GET ENOUGH QUINOA

I just tried Sautéed Brussels Sprouts Leaves over Quinoa (30 Minutes: "Dinner for Two," February, p. 30) and loved it so much that I had to let you know. The flavor was delicious, and it was so quick and simple to make.

KIMBERLY SIEGLAFF | EAU CLAIRE, WIS.

IN VEG HEAVEN

I'm a new vegetarian, and I just made Roasted Vegetable Linguine with Torn Fresh Basil ("Feast of Love," February, p. 64). I loved it! I made one small addition by topping it off with toasted pine nuts. I found it filling and refreshing, especially with some Pinot Grigio. I can't wait to eat more veggies!

KEN PERRONE | CALGARY, ALBERTA

CH-CH-CH-CHIA

Wow! Thank you so much for the Raw Chocolate-Chia Energy Bars recipe in the January issue (Healing Foods, p. 36). I made them yesterday and they were delicious. They were easy to make, and tasted as good, if not better, than any commercial raw bar. As a personal chef and nutritional coach I am often exploring the addition of raw foods to both my and my clients' diets. It's nice to find recipes that are delicious and easy to make.

SHARON SHINER | BOSTON

For the Record

"The Nice Slice" sidebar (p. 40) in the April article "Chop, Chop!" wasn't trimmed quite right. The last sentence in step 3 should have read "Repeat, moving the knife (not the food) as you go for even slices," rather than "Repeat, moving the food (not the knife) as you go for even slices."

March's Reader Recipe, Italian Orzo and Greens (p. 12), had the packaging size wrong. The recipe requires 1 16-oz. package of orzo pasta.

tell *vt* What is your most creative eco-cleaning trick?

I cut old or used lemons in half and use them on the stove to cut grease, on extra-dirty surfaces to cut grime, and in the wash with ½ cup of salt to brighten whites better than anything else!

—NATALIE, VIA FACEBOOK

Baking soda and vinegar work well to keep drains nice and clean. Use 1 cup of baking soda, followed by vinegar and boiling water a couple of times a month and you'll have no need for dangerous chemicals.

—NADYA

I take advantage of living in sunny Southern California by harnessing the natural powers of UV light. Periodically I clean our toothbrushes, bath toys, and other items with a gentle water and white vinegar solution, then set them out to dry in the sun.

—JULIET

I use vodka, tea tree oil, lavender, and distilled water for a great all-purpose spray.

—CHERYL, VIA FACEBOOK

I believe in the Zen of dusting: blow on it. Whatever remains was meant to be. I also use vinegar as a weed killer. Just pour it on full strength.

—WENDY, VIA FACEBOOK

next question:

What's on your menu when you want to keep the kitchen cool in the summer heat?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

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1. Vegetarian Gumbo **2.** Nigiri Sushi with Avocado, Cucumber, and Shiso Leaves **3.** Jasmine Risotto Spring Rolls with Vanilla Dipping Sauce **4.** Orange-Chipotle Glazed Tofu **5.** Burst-of-Spring Spinach Salad **6.** Vegetables Wellington **7.** Quinoa Salad with Orange-Cumin Vinaigrette **8.** Raclette-Topped Broiled Tomatoes **9.** Updated Irish Stew **10.** Honey-Goat Cheese Phyllo Triangles **11.** Mini Pumpkin-Sage Balls **12.** Vegetarian Pho **13.** Herbed Ricotta Cheese Toasts **14.** White Bean and Kale Soup **15.** Lemon-Rosemary Butter Cookies **16.** Chili Con Tempeh **17.** Oranges Givrées **18.** Radicchio, Radish, and Fennel salad

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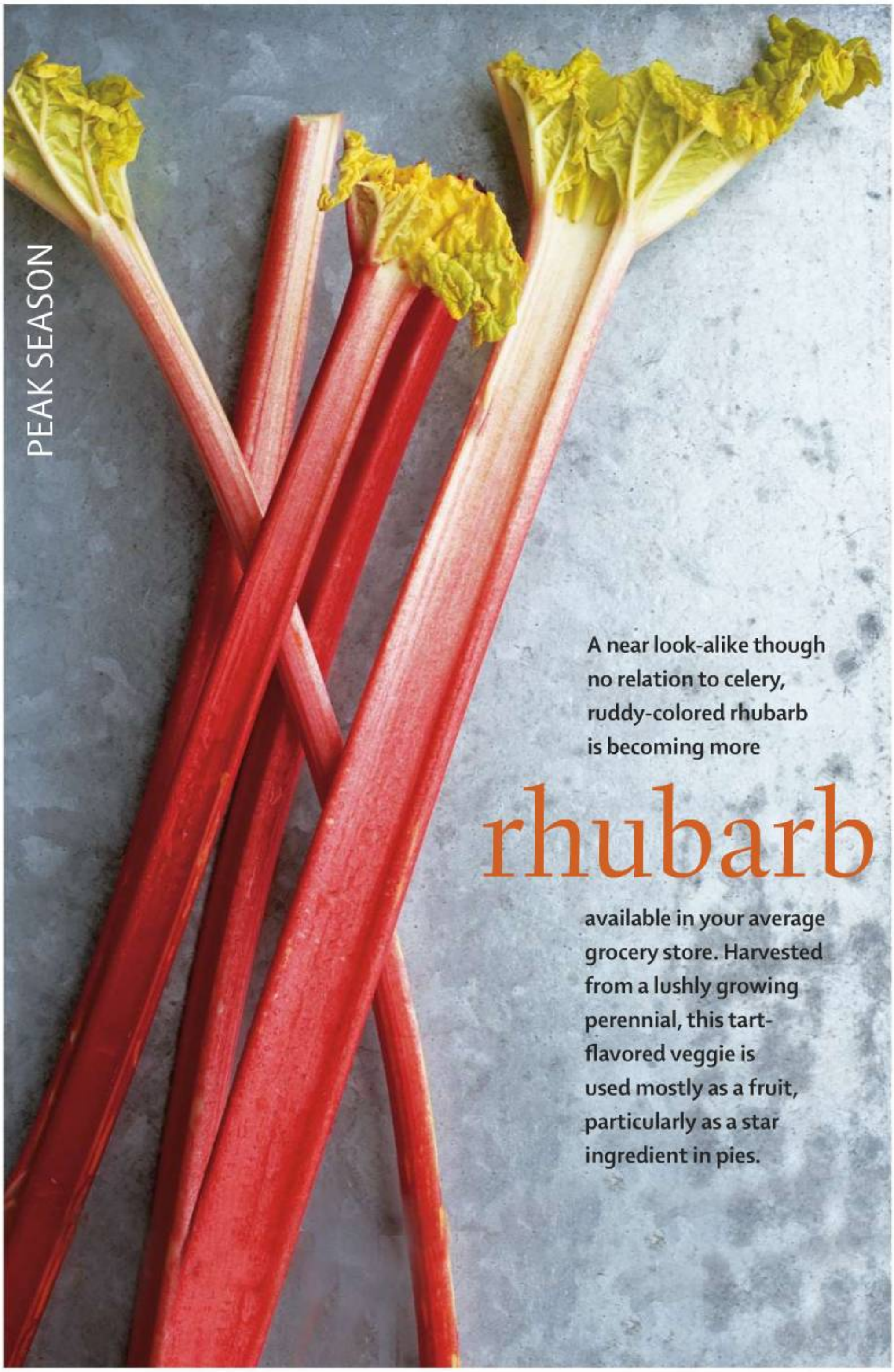
THIS. JUST. IN.

EDITED BY Amy Spitalnick

Need-to-know info about your health, diet, mind, body, and the world you live in

PEAK SEASON



A near look-alike though no relation to celery, ruddy-colored rhubarb is becoming more

rhubarb

available in your average grocery store. Harvested from a lushly growing perennial, this tart-flavored veggie is used mostly as a fruit, particularly as a star ingredient in pies.

LISA ROMEREIN

HOW TO SELECT AND STORE Look for firm stalks without any blemishes, advises Judy Henry of the Berry Patch Farm in Nevada, Iowa. "Check the cut end: it should be moist, not dry," she says. Colors range from blushing pink to deep fuchsia; generally, the darker the hue, the tarter the flavor.

Store unwashed rhubarb, tightly wrapped in a dish towel, in the fridge, but not for more than a few days; any longer and you'll need to wash the stalks in cold water, dice, and freeze. To revive limp rhubarb, slice off the ends, and stand the stalks in a pitcher of cold water for a couple of hours.

PREP TIPS Rhubarb leaves contain toxic levels of oxalic acid, so be sure to remove and discard them before using. Trim the stalk at the root end; insert a small knife under any visible strings, and pull to remove. Wash well in cold water.

TRY THIS!

- **Combine** tart rhubarb with sweet strawberries in pies.
- **Add** finely diced fresh rhubarb to cake or cookie batter.
- **Mix** cooked, puréed rhubarb into vinaigrettes.
- **Boil** 1 cup each of rhubarb and sugar (tasting for sweetness) for about 30 minutes; use as a base for punch or slushies.

—MONICA BHIDE

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surpr-ice cream!

[TASTE TEST]

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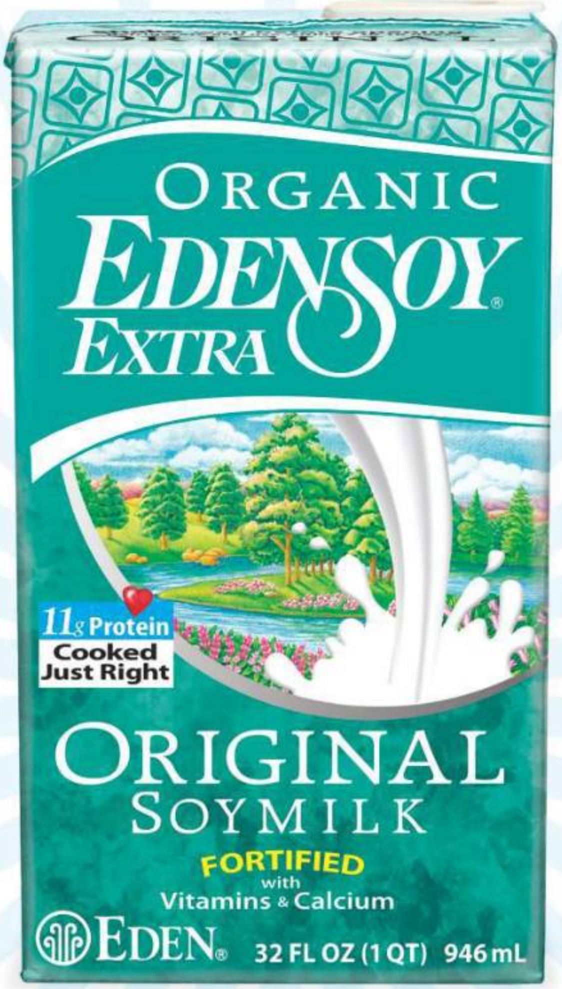

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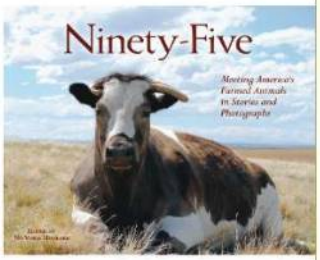
[MEDIA ALERT]

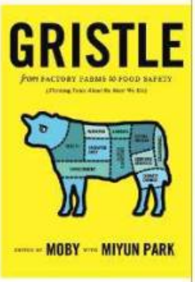
Delila, Elijah, Harvey, and Travis, at Farm Sanctuary, Orland, Calif.

DUCKS: CONNIE PUGH

ANIMAL FARMS



Ninety-Five: Meeting America's Farmed Animals in Stories and Photographs introduces you to individual turkeys, pigs, cows, steers, sheep, goats, geese, hens, and roosters who've found refuge from the animal agriculture industry. Their heartening tales of rescue accentuate the positive—"ninety-five" refers to the average number of animals spared annually by one person's vegan diet. Generously illustrated, the book is published by the nonprofit No Voice Unheard (novoiceunheard.org).



Corporate farming will end world hunger! Industrial agriculture boosts health and prosperity! These and other myths touting big agribusiness, and particularly the livestock trade, are debunked by the contributors to ***Gristle: from Factory Farms to Food Safety (Thinking Twice About the Meat We Eat),*** including Ironman triathlete Brendan Brazier. Coeditors Moby, the Grammy-nominated musician, and Miyun Park, executive director of the Global Animal Partnership, are donating all their earnings from the graphics-packed book to nonprofits benefiting farmed animals.

NATURAL Rx

Problem: Varicose veins

Solution: Horse chestnut

The scoop: Primarily a cosmetic bother, varicose veins can lead to itchy skin and aching pain. Relief may be found in the flowering horse chestnut tree. A study in *The Lancet* showed that *Aesculus hippocastanum* seed extract worked as well as compression stockings to reduce swelling. Aescin, the active ingredient extracted, tones the veins, reduces inflammation, and blocks the release of enzymes that damage capillary walls, says Boston-based naturopath Cathy Wong, ND.

What to look for: Wong suggests taking 300 milligrams of horse chestnut seed extract, standardized to 50 to 75 milligrams of aescin, twice daily for up to 12 weeks. Steer clear of homemade concoctions; raw horse chestnut contains esculin, a toxic compound.

—RACHEL DOWD

TRY: GNC Herbal Plus Standardized Horse Chestnut, $13.49 /100 veg caps; gnc.com

$152 billion

The annual cost of food-borne illness in the United States.

[Source: MakeOurFoodSafe.org]

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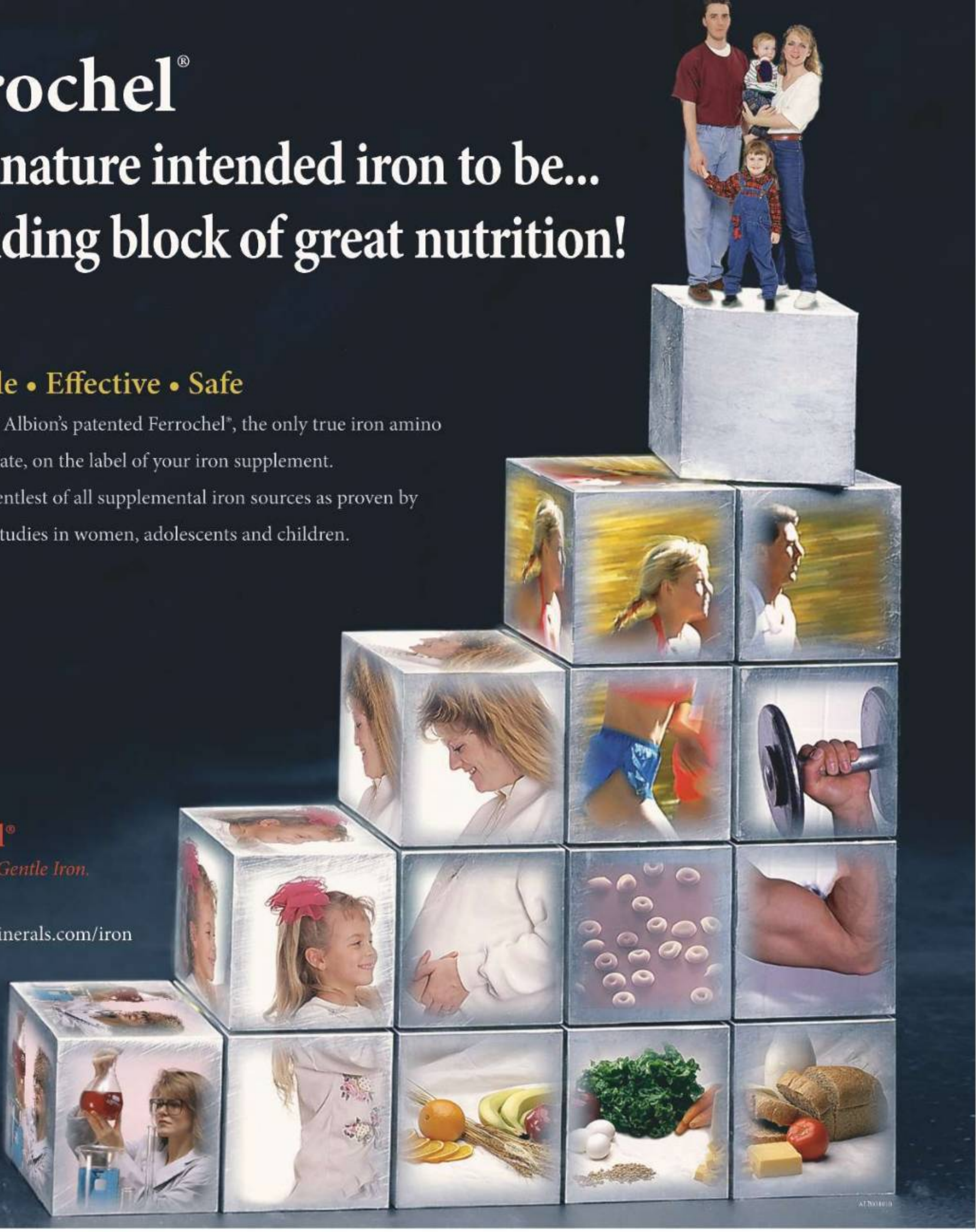

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[SCI FIND]

RELIEF ON RYE

You're more likely to find relief from constipation on grocery store shelves than in drugstores, suggests a study in *The Journal of Nutrition*. The study showed that whole-grain rye bread eased symptoms of mild constipation more effectively than laxative drugs. Look for a rye that supplies at least 4.9 grams of fiber per slice, such as Mestemacher Whole Rye Bread (amazon.com), or bake your own using Bob's Red Mill Organic Dark Rye Flour (bobsredmill.com), and aim for 30 grams daily.

BREAD: ROONEY/STOCKFOOD UK

Hot Click!

harvest-app.com

To tell if they're ripe, do you smell peaches or check their color? What about rinsing blueberries before refrigerating them? These and other tips for selecting more than 125 different fruits and veggies, and storing them to keep them fresh and flavorful, are instantly yours with this guide. "What I'm most proud of with Harvest," says developer Sean Murphy, "is the role it plays in influencing more people to enjoy the best of what the earth has to offer in fruits and vegetables." $1.99; harvest-app.com

NAIDOO: SERGIO SALVADOR

ask a chef

Yashoda Naidoo, chef and owner of Annapurna's World Vegetarian Café in Albuquerque and Santa Fe, N.M., has a devoted following among locals. An adherent of Ayurveda, India's 5,000-year-old healing tradition, Naidoo serves food and spice combinations designed to soothe the three prevailing *doshas* (body constitutions). We asked her **how to approach healthful summer cooking from an Ayurvedic perspective.** Along with choosing seasonal fresh produce, here are her suggestions:

The summer months increase heat in the body, which tends to make the liver, the body's filter, a bit sluggish. So, it's best to eat "cooling" foods, such as stir-fries with zucchini and Swiss chard, salads with dandelion greens, and asparagus-and-cilantro soup.

To counteract summer's heat, you'll want to add these cooling herbs to food: cilantro, lavender, lemon balm, lemongrass, licorice root, marjoram, and mint. And favor these cooling spices: cumin, coriander, and fennel.

Replenish with beverages that are hydrating and high in vitamins and minerals, such as watermelon juice, coconut water, pear or apple juice with fresh lime juice added, and rice-milk fruit smoothies.

—NEAL WEBSTER TURNAGE

what we're eating too much of this month

Snacking from your backpack or desk drawer doesn't get more effortlessly healthful than with certified-organic **Peeled Snacks Fruit Picks.** When fresh just isn't handy, reach for this pure dried-fruit treat, offering subtly sweet satisfaction. $17.99/10 single servings, or $19.99/10 in a variety pack, peeledsnacks.com; $2/single-serve Apple-2-the-core or much-ado-about-Mango, at Starbucks nationwide.

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JSQUARED PHOTOGRAPHY

[Q&A]

When *Eclipse*, the third film in the hugely popular Twilight series, arrives in theaters in June, **Christian Serratos** will be reprising her role as high schooler Angela Weber. Viewers of Nickelodeon will recognize Serratos, 19, from the show *Ned's Declassified School Survival Guide*. She's been veg since age 10.

Q What's up with the "vegetarian" vampires in the Twilight series?

A Vegetarian vampires aren't typical. They're not thrilled with the fact that they're going to live forever and they have to kill living things to survive. They hate the fact that they have to kill at all. They call themselves vegetarian vampires, but that's just because they don't feed off of humans.

Q How active are you with animal rights?

A I first got involved with PETA when I was about 13. At that age I was doing videos to encourage people to adopt animals rather than buying them from pet stores. And recently I took part in PETA's "I'd Rather Go Naked" campaign.

Q Any veg cooking tips?

A You can make your own salad dressing by mixing together some extra virgin olive oil with vinegar and a little sriracha hot chile sauce and a dash of pepper. It's the best!

—PATRICK CAIN

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EAT GREEN · LIVE WELL
vegetarian times presents

FARMERS' MARKET COOKBOOK

Special Issue
On Newstands
June 1st

Healthy ways to enjoy local flavor all summer long

There's nothing better than summer at the farmers' market. The just-picked produce and local artisanal treats are so fresh and so good, you'd be crazy not to jump in with both feet. Vegetarian Times makes it easy, fun, and delicious, with this special shopper's guide and keepsake recipe collection starring the season's freshest flavors.

WHAT YOU'LL FIND INSIDE:

- Local, organic, or both? Expert advice on how to eat clean and save cash at the farmers' market.
- Spotlights on the freshest peak-season fruits and vegetables
- Canning 101: The best homemade pickles and jams
- Blue-ribbon fruit desserts
- A cook's guide to fresh summer herbs
- Picnic-ready sandwiches, sublime salads, and refreshing raw soups
- Easy summer entertaining
- Pantry checklists: from sauces and sweeteners to oils and spices, stock up on what you need to make summer cooking a breeze

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BY Christine Richmond

DETOX YOUR KITCHEN

win!

All these green goods can be yours. Register at vegetariantimes.com/sweeps for a chance to win, and detox your kitchen for free.

Go clean and green with these five smart buys

PITCHER PERFECT With its 10-cup capacity and recyclable filter, the BPA-free Brita Grand pitcher makes it easy to say good-bye to bottled water. $31.99; target.com

COME CLEAN Sea sponges are animals; synthetic sponges often come treated with triclosan. We love the cute Loofah Art scrubbers, made from plants. $3.99/each; ecobags.com

COOKING WITH GRASS Make the switch to sustainability with Sur La Table Burnished Bamboo Cooking Utensils. The three-piece set also includes a 12-inch stir-fry spatula. $8.50; surlatable.com

GLASS ACT Pop off the leak-proof, BPA-free lid and microwave sans plastic with Anchor Hocking TrueSeal Glass Storage Containers. $4.49–$11.99; anchorhocking.com

IRON GIANT Go Teflon-free with the Lodge Logic skillet. Affordable cast iron lasts forever and offers superb heat conductivity. $22.95/10¼-inch skillet; lodgemfg.com

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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Our apologies if you expected it to taste like all the other bars.

When a bar is packed with as many plant-based superfoods as Vega Whole Food Vibrancy Bars, it's natural to think you'll have to compromise good taste for such exceptional nutrition. But great nutrition doesn't have to taste like cardboard. Loaded with raw, organic, gluten-free, omega-rich superfoods, Vega Vibrancy Bars are not only incredibly good for you, they're surprisingly tasty too. Available in three mouth-watering flavors – Wholesome Original, Green Synergy, and Chocolate Decadence – they're more than you could ever expect in nutrition on-the-go.

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BY Elizabeth Barker

This "queen of herbs" can help clear your skin and quiet your mind

LOVELY LAVENDER

Lavender's elegantly fragranced flowers are frequently used in honey, tea, and sachets. Lavish with calming essential oils, lavender also offers anti-inflammatory properties that make it "extremely soothing to the skin, even sensitive skin," says herbalist Jessie Hawkins.

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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1. Laced with lavender buds and featuring healing extracts of lavender and rose, **Lush Angels on Bare Skin** ($9.95/3.5 oz.; lushusa.com) also contains deeply cleansing kaolin clay and exfoliating ground almonds for brightening a drab complexion.

2. **Jurlique Lavender Hydrating Mist** ($21/1 oz.; jurlique.com) tones and refreshes your face while delivering a dose of lavender-derived stress relief.

3. **John Masters Organics Lavender & Avocado Intensive Conditioner** ($22/7 oz.; johnmasters.com) supplies organic lavender oil to blissfully soothe your scalp, and avocado to soften hair strands.

4. An age-old ingredient in salves, lavender teams up with skin-smoothing lemon balm, shea butter, and grape seed oil in **Deep Steep Lavender Chamomile Soy Body Lotion** ($16.39/6 oz.; fragrancenet.com).

5. For nighttime unwinding, reach for **Ole Henriksen Lavender Body Oil** ($28/12 oz.; olehenriksen.com) and soak up the sesame oil–based blend's tension-melting, skin-nourishing effects.

6. Regular use of **Avalon Organics Revitalizing Eye Gel** ($20.95/1 oz.; avalonorganics.com) can help combat fine lines, thanks to a combination of organic lavender, antioxidant-packed white tea extract, and hydrating hyaluronic acid.

homemade body scrub

To create your own lavender body scrub, herbalist Jessie Hawkins suggests blending 2 tablespoons of coconut oil, 3 tablespoons of sweet almond oil, and 20 drops of lavender essential oil, then combining the blend with 1 cup of white sugar. Store in a shallow jar for easy scooping.

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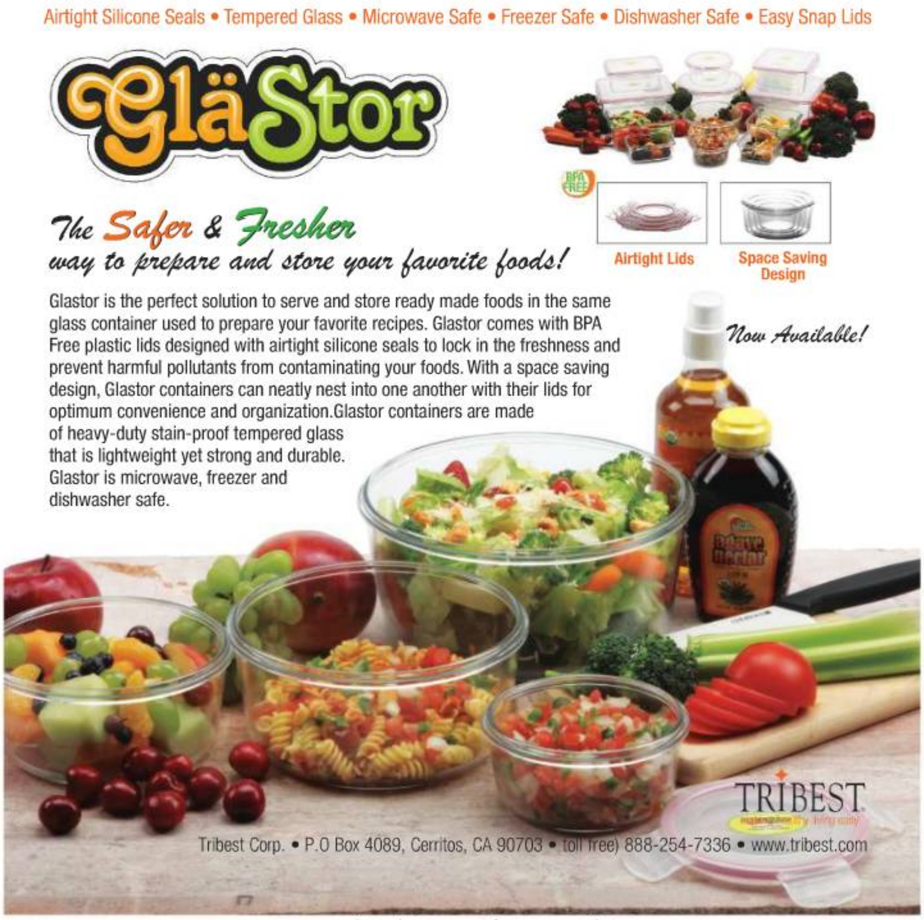

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Recipes by Donna Klein

Once in a while, a cookbook comes along that exceeds all expectations. That's what happened when *VT* tested offerings from Donna Klein's *Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World*. Not only were the recipes easy to shop for and assemble, every single one we tried got high marks from everyone on the staff who tasted them. Healthful, hearty, and full of flavor, these recipes are just the ticket for busy cooks with discriminating palates.

simply sublime

A sampler from *Supermarket Vegan* reveals how easy it is to create extraordinary vegan meals

Hawaiian-style Sweet-and-Sour Roasted Pineapple and Bell Peppers

SERVES 6

This tropical medley is a fresh alternative to a vegetable side dish. To stretch it into a main dish for four, serve it over steamed rice.

- 3 cups cubed fresh pineapple
- 1 medium red bell pepper, cubed (1½ cups)
- 1 medium red onion, cut into thin wedges (1½ cups)
- 1 Tbs. toasted sesame oil
- 1 Tbs. vegetable oil
- 1 Tbs. dark or light brown sugar
- 1 Tbs. sweetened coconut flakes, optional
- 1 Tbs. lime juice

1. Preheat oven to 400°F. Arrange pineapple cubes, red bell pepper cubes, and red onion wedges on ungreased rimmed baking sheet. Drizzle with toasted sesame oil and vegetable oil, sprinkle with brown sugar, and season with salt and pepper, if desired. Toss to coat.
2. Roast pineapple mixture on center oven rack 30 minutes, or until lightly browned, turning once. Remove from oven and sprinkle with sweetened coconut flakes, if using, then drizzle with lime juice. Remove to serving bowl and toss well to combine. Serve hot or at room temperature.

PER 1-CUP SERVING: 108 CAL; <1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 0 MG CHOL; 3 MG SOD; 2 G FIBER; 12 G SUGARS V GF

tip You can make complex, sophisticated dishes with common supermarket items when you have a few pantry staples that turn out gourmet flavor, notes *Supermarket Vegan* author Donna Klein. Her favorite go-to ingredients? Spice blends, sesame oil, balsamic vinaigrette, and flavored diced tomatoes.

RECIPES FROM *SUPERMARKET VEGAN: 225 MEAT-FREE, EGG-FREE, DAIRY-FREE RECIPES FOR REAL PEOPLE IN THE REAL WORLD* (PERIGEE 2010; $18.95), BY DONNA KLEIN

PHOTOGRAPHY: Beatriz Da Costa FOOD STYLING: Natacha Arnoult

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Jamaican-style Black Bean and Coconut Cornbread Bake

SERVES 6

The jerk seasoning used to flavor the filling of this main dish can be found in the spice section of most supermarkets or ordered online. Feel free to add more jerk seasoning to the black beans if you prefer your dishes spicier, or try the recipe with 1 Tbs. chili powder instead. For rich, smoky flavor, choose fire-roasted diced tomatoes with green chiles.

- 2 Tbs. olive oil, plus more for greasing pan
- 2 15-oz. cans black beans, rinsed and drained
- 1 14.5-oz. can diced tomatoes with mild green chiles, juices included
- 1½ cups frozen yellow corn, thawed
- ½ tsp. jerk seasoning, or more to taste
- ½ tsp. salt, divided
- ⅛ tsp. ground black pepper
- ½ cup all-purpose flour
- ½ cup yellow cornmeal
- 1 Tbs. sugar
- 1¼ tsp. baking powder
- ⅔ cup light coconut milk

1. Preheat oven to 350°F. Lightly oil 8-inch-square baking dish with olive oil.
2. Stir together beans, tomatoes and juices, corn, jerk seasoning, ¼ tsp. salt, and pepper in medium bowl. Adjust seasonings with more jerk seasoning, if desired. Spread in prepared baking dish.
3. Whisk together flour, cornmeal, sugar, baking powder, and remaining ¼ tsp. salt in separate bowl. Add coconut milk and 2 Tbs. oil, and stir until just combined—do not overmix. Spread batter over bean mixture with spatula. Bake, uncovered, 30 minutes, or until topping is lightly browned and toothpick inserted in center of topping comes out clean. Let stand 5 minutes before serving.

PER 1-CUP SERVING: 346 CAL; 13 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 57 G CARB; 0 MG CHOL; 914 MG SOD; 13 G FIBER; 4 G SUGARS V

Baked Ziti with Zucchini, Chickpeas, and Olives

SERVES 6 | 30 MINUTES OR FEWER

Everyone can enjoy this reliable bake-and-take casserole. It comes together quickly and can be made ahead and reheated. Use panko breadcrumbs, tossed with Italian seasoning, in place of the Italian-seasoned breadcrumbs, if desired.

- 8 oz. ziti, rigatoni, or penne pasta
- ½ lb. zucchini, coarsely chopped (2 cups)
- 1½ cups cooked chickpeas, or 1 15-oz. can chickpeas, rinsed and drained
- 1 14.5-oz. can diced tomatoes with basil, garlic, and oregano, juices included
- 1 cup tomato purée
- ¼ cup chopped kalamata olives, divided
- 1 Tbs. olive oil
- 1 Tbs. tomato paste
- 2 cloves garlic, minced (2 tsp.)
- 2 Tbs. Italian-seasoned breadcrumbs

1. Preheat oven to 350°F. Coat 11- x 7-inch baking dish with cooking spray. Set aside.
2. Cook ziti according to package directions for al dente in large pot of boiling salted water. Drain, rinse under cold water, and drain again. Return ziti to pot, and set aside.
3. Meanwhile, combine zucchini, chickpeas, tomatoes and juices, tomato purée, 2 Tbs. olives, oil, tomato paste, and garlic in large saucepan. Bring to a boil. Reduce heat to medium-low, and simmer 5 minutes, or until sauce begins to thicken, stirring occasionally. Stir zucchini mixture into ziti, and season with salt and pepper, if desired.
4. Transfer ziti mixture to prepared baking dish. Sprinkle with breadcrumbs and remaining 2 Tbs. olives. Bake 20 to 25 minutes, or until pasta is heated through and breadcrumbs are golden brown.

PER 1-CUP SERVING: 299 CAL; 11 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 53 G CARB; 0 MG CHOL; 742 MG SOD; 6 G FIBER; 11 G SUGARS V

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Look for prewashed (and ready-to-grill) romaine hearts in the produce aisle, near the bagged salads.

Grilled Hearts of Romaine with Balsamic-Shallot Vinaigrette

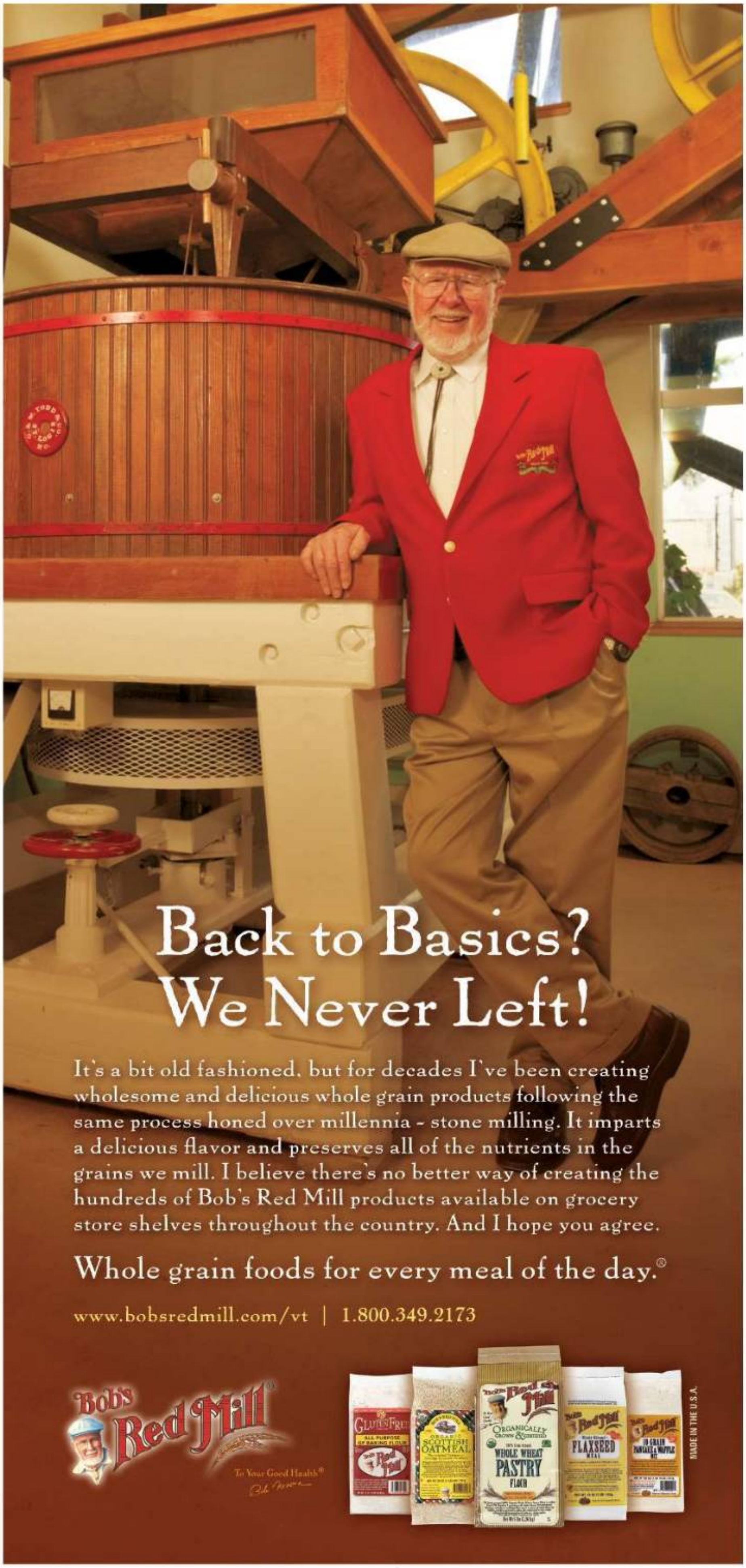
SERVES 4 | 30 MINUTES OR FEWER

This easy no-toss salad is elegant enough for special occasions. Though the romaine hearts must be eaten shortly after grilling, the dressing can be made up to two days in advance. The recipe calls for a stove-top grill pan, but you can also try it on an outdoor grill—just keep a close eye on the romaine hearts, since outdoor grills get hotter than the stove-top variety.

- ½ cup prepared nonfat balsamic vinaigrette
- 2 small shallots, finely chopped (¼ cup)
- 2 Tbs. olive oil, divided
- 1 Tbs. light brown sugar
- ½ tsp. salt
- ⅛ tsp. ground black pepper
- 4 hearts of romaine (4 oz. each), rinsed and patted dry

1. Whisk together balsamic vinaigrette, shallots, 1 Tbs. oil, brown sugar, salt, and pepper in small bowl. Let stand a few minutes to allow sugar to dissolve. Whisk again, and set aside 15 minutes to allow flavors to blend.
2. Meanwhile, heat stove-top grill pan over medium-high heat. Brush romaine hearts on all sides with remaining 1 Tbs. oil, and season with salt and pepper, if desired. Grill 5 to 10 minutes, or until slightly charred on the outside but not heated through, turning frequently with tongs. Transfer each romaine heart to salad plate, and drizzle with 2 Tbs. balsamic-shallot vinaigrette. Serve immediately.

PER SERVING (1 ROMAINE HEART PLUS 2 TBS. DRESSING): 135 CAL; 2 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 0 MG CHOL; 760 MG SOD; 1 G FIBER; 14 G SUGARS V GF



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Strawberry Cobbler

SERVES 6

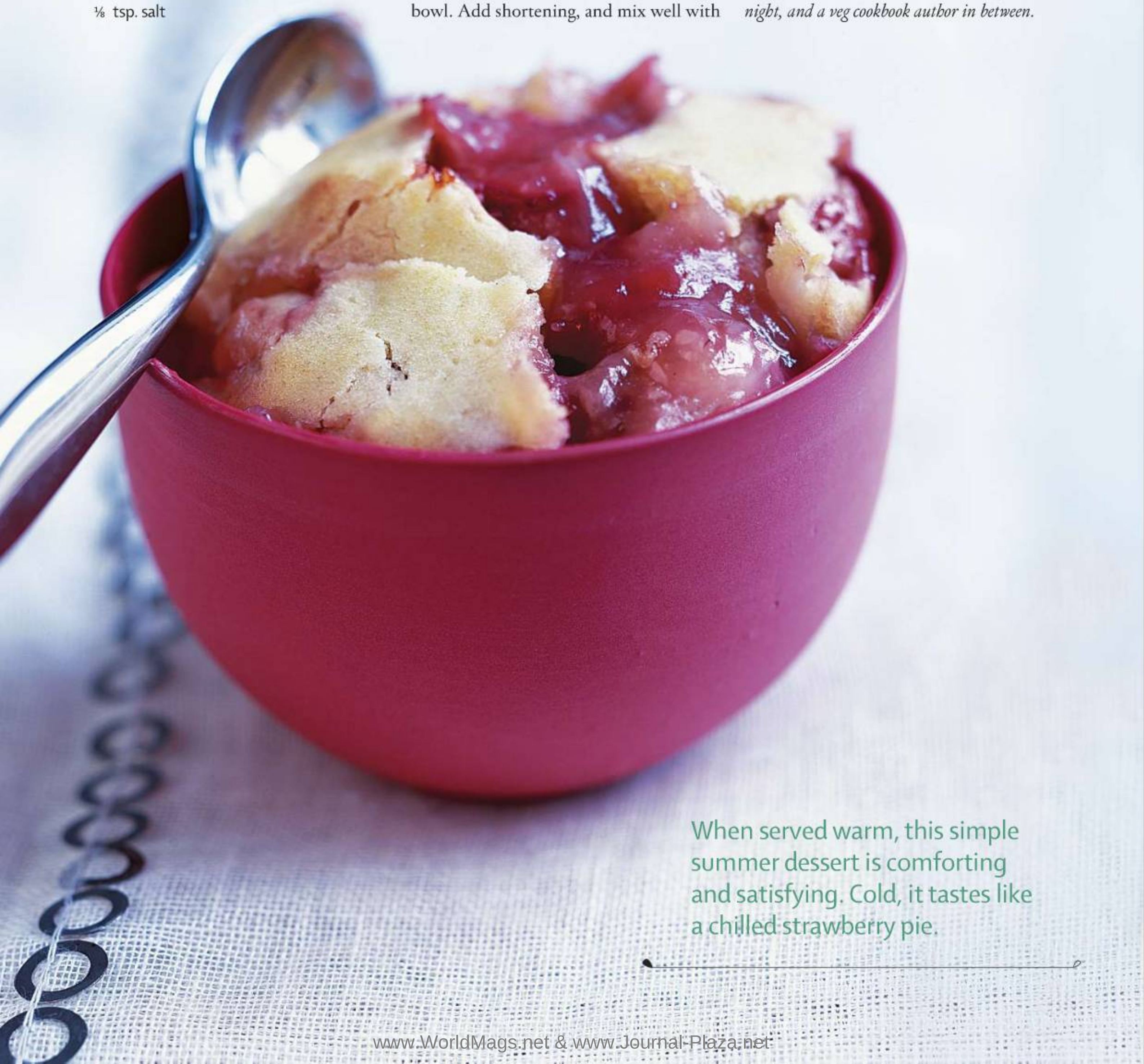
Serve this delicately sweet dessert warm or at room temperature, or cover, and refrigerate up to two days.

- 6 cups fresh strawberries, halved
- ¾ cup sugar, divided
- ½ cup plus 2 Tbs. flour, divided
- 1 Tbs. lemon juice
- ⅛ tsp. baking powder
- ⅛ tsp. baking soda
- ⅛ tsp. salt
- 3½ Tbs. nonhydrogenated vegetable shortening

1. Preheat oven to 375°F. Coat 11- x 7-inch baking dish with cooking spray.
2. Toss together strawberries, ½ cup plus 2 Tbs. sugar, 2 Tbs. flour, and lemon juice in bowl. Transfer to prepared baking dish.
3. Whisk together remaining ½ cup flour, remaining 2 Tbs. sugar, baking powder, baking soda, and salt in separate bowl. Add shortening, and mix well with fork until mixture is crumbly. Stir in ½ cup water. Spread over strawberry mixture. Bake 20 to 30 minutes, or until browned and bubbly. Let stand 10 minutes before serving.

PER 1-CUP SERVING: 275 CAL; 3 G PROT; 9 G TOTAL FAT (3 G SAT FAT); 48 G CARB; 0 MG CHOL; 86 MG SOD; 4 G FIBER; 33 G SUGARS

Donna Klein knows a thing or two about cooking on the fly. She's a part-time substitute teacher by day, a home and hospital teacher by night, and a veg cookbook author in between.



When served warm, this simple summer dessert is comforting and satisfying. Cold, it tastes like a chilled strawberry pie.

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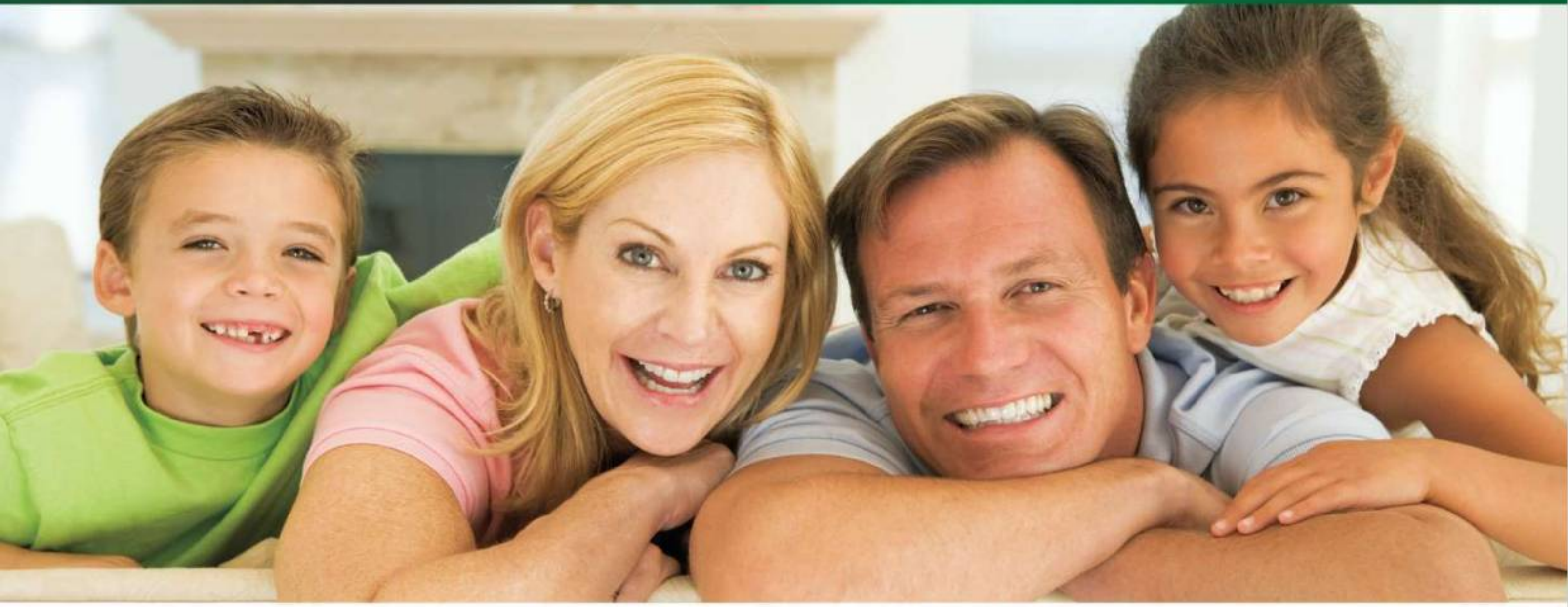
ESSENTIAL FORMULAS



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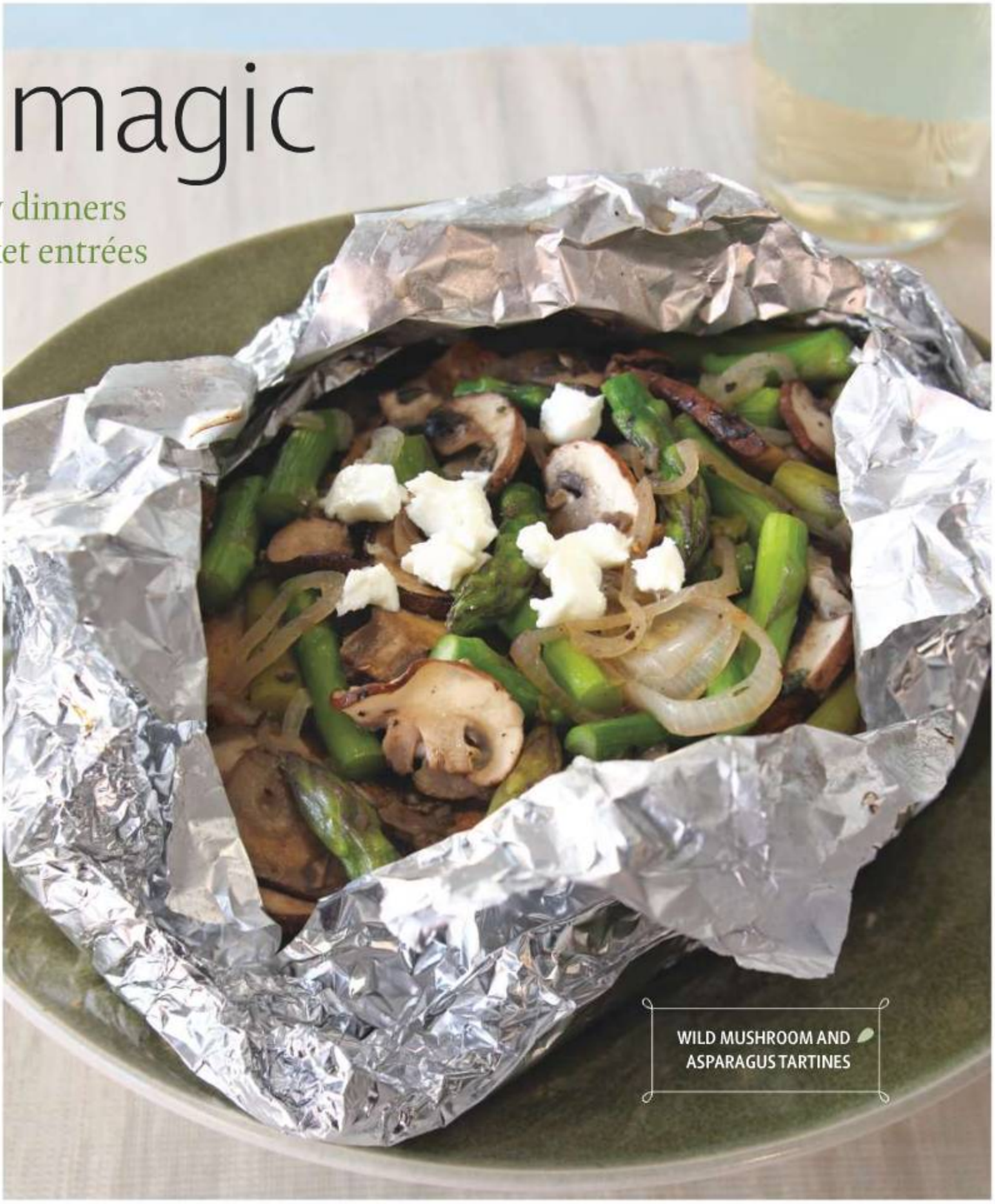
BY Victoria Abbott Riccardi

packet magic

Seal the deal on easy dinners with individual packet entrées

Take a hot oven, a length of foil, and a few select ingredients and what do you get? Divine dinners that require little prep work and no pots or pans to clean. Tightly wrapping foods in individual foil packets allows them to steam-cook to perfection while the flavors harmonize. Packets can be cooked in an oven or on a grill on medium-high. Either way, the cooking time is the same for each recipe. And since each packet acts as both main and side dish, all you need are some steamed greens, grains, or a big tossed salad to complete the meal.



WILD MUSHROOM AND ASPARAGUS TARTINES

PHOTOGRAPHY: MARYELLEN BAKER; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: MICHELLE WEAVER

Wild Mushroom and Asparagus Tartines

SERVES 4 | 30 MINUTES OR FEWER

Choose the thinnest asparagus you can find, and be sure that the tips are evenly distributed among the packets.

- 4 slices whole-grain bread, toasted
- 4 cups thinly sliced wild mushrooms
- 1 lb. asparagus, cut into 1-inch pieces (3 cups)
- 2 large shallots, thinly sliced (¾ cup)
- 1¾ cups low-sodium vegetable broth, divided
- 1 large egg
- 1 large egg white
- 1 Tbs. minced fresh thyme
- ½ cup crumbled chèvre or goat cheese

1. Preheat oven to 400°F. Place 4 16-inch lengths of foil on work surface. Fold foil in half from short side. Unfold. Shape corners and edges of one half into semicircular "bowl" with ½-inch sides. Coat insides of foil with cooking spray.
2. Place 1 slice of toast in each foil packet. Combine mushrooms, asparagus, and shallots in medium bowl. Add ¼ cup broth, and season with salt and pepper, if desired. Divide mixture among packets.
3. Whisk together remaining 1½ cups broth, egg, egg white, and thyme in small bowl. Season with salt and pepper, if desired. Drizzle each packet with ½ cup broth mixture. Fold other half of foil over ingredients, and crimp edges in overlapping folds until packets are sealed. Transfer packets to baking sheet, and bake 25 to 30 minutes.
4. Transfer to serving plates. Let each person open packet carefully—escaping air will be hot. Sprinkle with chèvre.

PER PACKET: 213 CAL; 15 G PROT; 6 G TOTAL FAT (3 G SAT FAT); 27 G CARB; 53 MG CHOL; 294 MG SOD; 6 G FIBER; 7 G SUGARS

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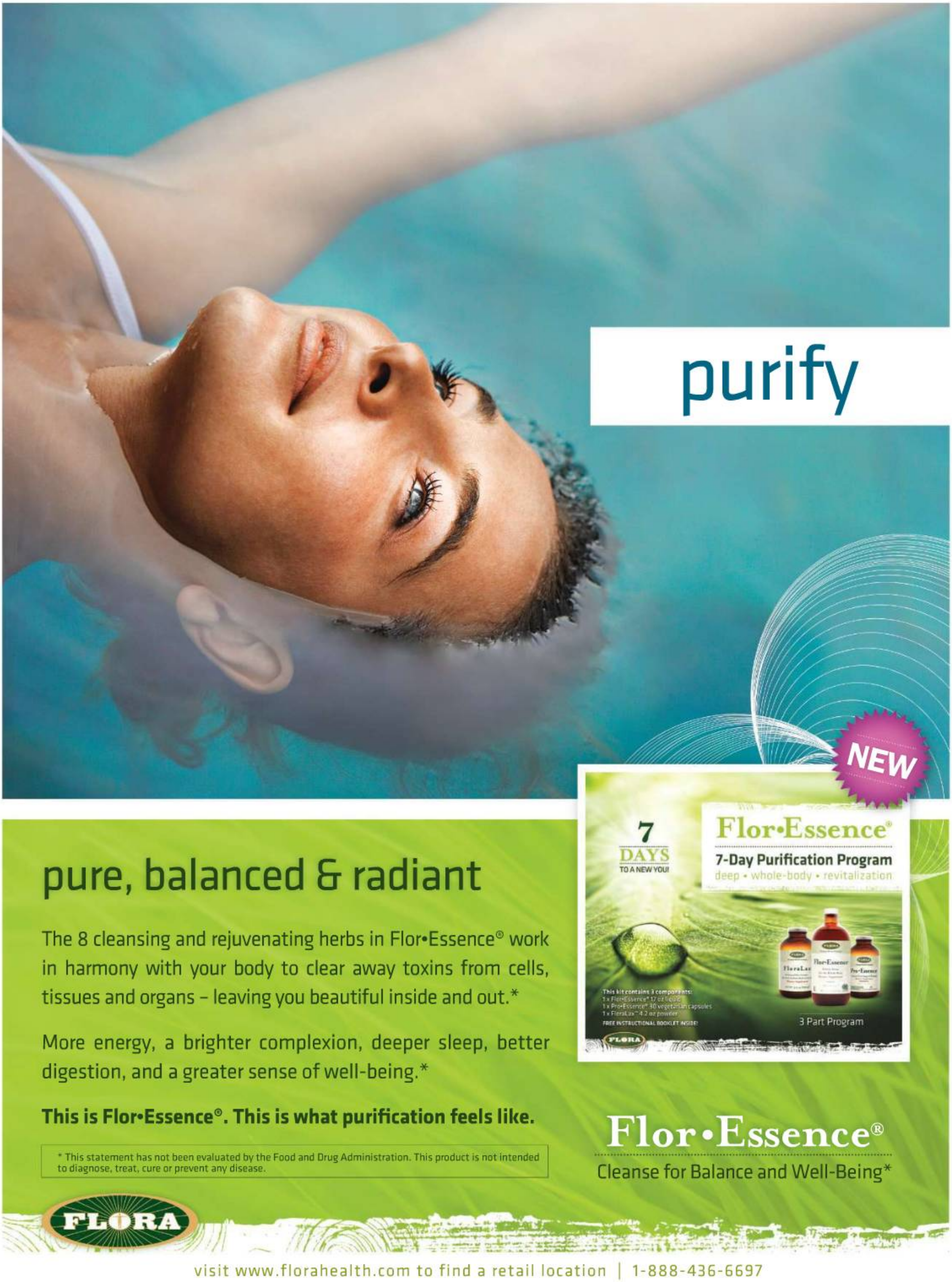

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Spice Market Sweet Potato and Lentil Packets

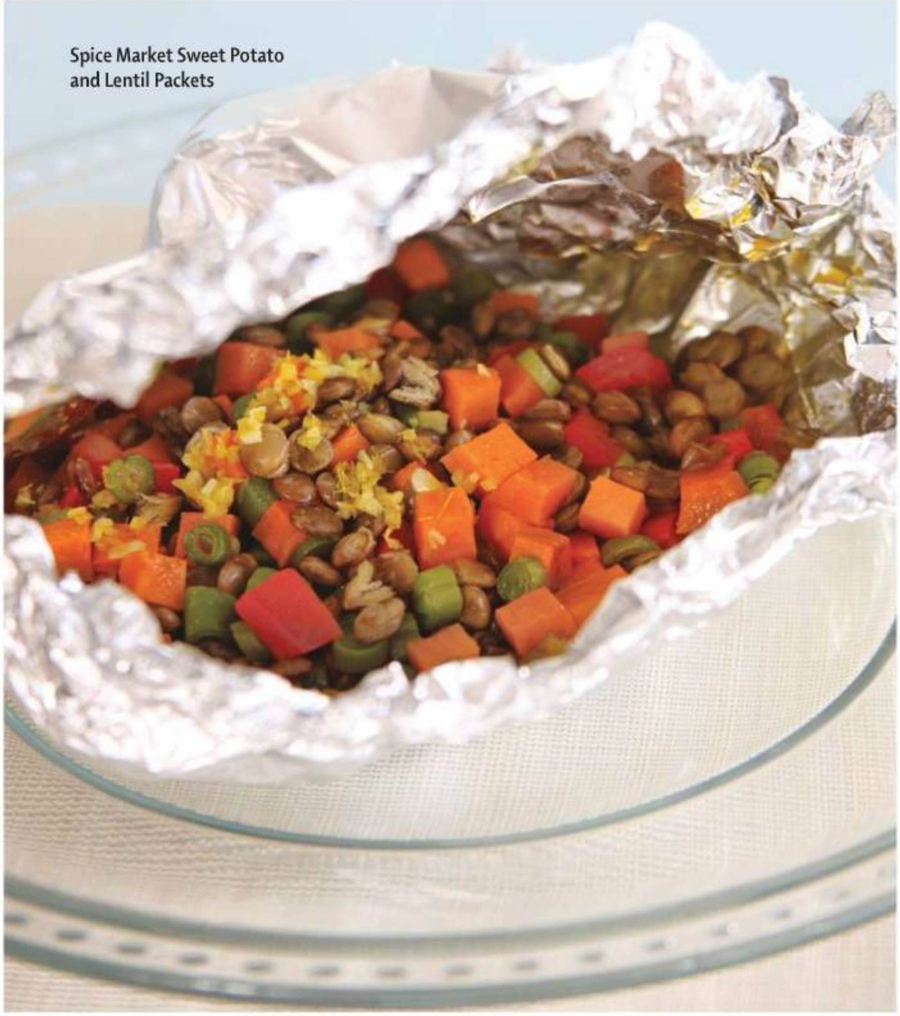
SERVES 4 | 30 MINUTES OR FEWER

Sweet potatoes and lentils get cooked in a curried broth inside packets for a lightly spicy dish. Serve with quinoa.

- 2 cups finely diced sweet potato
- 1 large red bell pepper, diced (1½ cups)
- 1 cup fresh green beans, thinly sliced
- ¼ cup golden raisins
- 2 Tbs. hot sesame oil
- 1 cup low-sodium vegetable broth
- 2 Tbs. minced fresh ginger
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. curry powder
- 1½ cups cooked lentils or 1 15-oz. can lentils, rinsed and drained
- 4 Tbs. prepared mango chutney, optional

1. Preheat oven to 400°F. Place 4 16-inch lengths of foil on work surface. Fold foil in half from short side. Unfold. Shape corners and edges of one half into semicircular "bowl" with ½-inch sides. Coat insides of foil with cooking spray.
2. Combine sweet potato, bell pepper, green beans, and raisins in medium bowl. Add oil, and toss to coat. Season with salt and pepper, if desired.
3. Whisk together broth, ginger, garlic, and curry powder in small bowl.
4. Divide sweet potato mixture among packets; top with ⅓ cup lentils. Pour ¼ cup broth mixture over lentils, and season with salt and pepper, if desired. Fold other half of foil over ingredients, and crimp edges in overlapping folds until packets are sealed. Transfer packets to baking sheet. Bake 25 minutes.
5. Transfer to plates. Let each person open packet carefully—escaping air will be hot. Top with chutney, if using.

PER PACKET: 265 CAL; 9 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 43 G CARB; 0 MG CHOL; 253 MG SOD; 10 G FIBER; 13 G SUGARS V GF


Spice Market Sweet Potato and Lentil Packets

Oven or grill, dinner is on in about 25 minutes

Artichoke and New Potato Packets with Pesto

SERVES 4 | 30 MINUTES OR FEWER

Slice the potatoes as thinly as possible for this recipe to ensure they cook evenly.

- 8 oz. new potatoes, thinly sliced (1½ cups)
- ½ cup low-sodium vegetable broth
- 1 12-oz. pkg. frozen artichoke hearts, thawed (2 cups)
- 2 cups fresh or thawed frozen baby peas
- 2 medium leeks, white and light green parts chopped (1 cup)
- 3 Tbs. prepared pesto
- 3 Tbs. grated Romano cheese
- ½ cup fresh chopped basil

1. Preheat oven to 400°F. Place 4 16-inch lengths of aluminum foil on work surface. Fold foil in half from short side. Unfold. Shape corners and edges of one half into semicircular "bowl" with ½-inch sides. Coat insides of foil with cooking spray.
2. Arrange overlapping slices of potatoes in oval shape over bottom of each packet. Season with salt and pepper, if desired, and drizzle each with 2 Tbs. broth.
3. Combine artichoke hearts, peas, leeks, and pesto in medium bowl, and season with salt and pepper, if desired. Divide artichoke mixture among packets. Fold other half of foil over ingredients, and seal edges in overlapping folds until packets are sealed. Transfer to baking sheet, and bake 25 to 30 minutes.
4. Transfer packets to serving plates. Let each person open packet slowly and carefully—escaping air will be hot. Sprinkle with Romano cheese and basil.

PER PACKET: 237 CAL; 11 G PROT; 8 G TOTAL FAT (3 G SAT FAT); 31 G CARB; 9 MG CHOL; 266 MG SOD; 10 G FIBER; 6 G SUGARS GF

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There are many reasons why controlling our weight is important for most of us. We like to have a trim body for our own vanity, self-esteem and to be more attractive to others. However, if those were the only reasons then we, as nutritionists, would not have created a diet product. An overweight body is not a really healthy body. Clinical studies repeatedly show overweight individuals have a much higher incidence of diabetes, heart disease, hypertension and a myriad of other serious complaints. These are matters that have little to do with vanity and everything to do with health. Health is our business and the slim good looks that go with a healthy body is a fringe benefit.

While there are many so-called meal substitute products on the market, none properly take into account all the nutritional factors necessary to make them really work. Unfortunately, eating fewer calories alone does not guarantee you will lose weight. When you severely reduce your caloric intake you may well be depriving your body of many nutrients it must have to maintain good health. When your body is missing these vital nutrients it thinks you are starving. This triggers a survival mode response. Your body holds on to fat so you won't starve. That is why Lewis Laboratories developed Weigh Down™. It is truly a nutritionists' diet plan that covers all the bases. It provides at least 100% of all vitamins, minerals, proteins and fiber you need, plus digestive enzymes, so these nutrients can readily be used. Weigh Down™ also contains an effective level of three important lipotropic factors: choline, inositol and carnitine, which actually help burn fat deposits. Weigh Down™ provides every nutritional element for a successful diet with only 98 calories per serving.

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Most diet plans claim they make it easy to lose weight. That is simply not true. There is no easy way to lose weight. The real difference is that Weigh Down™ will work when others will not. But don't expect miracles overnight. In many cases, most will not see results until the second week, after the body has adjusted to the new regimen. Resist the temptation to weigh yourself everyday. The little variations you see will be meaningless. Real permanent weight loss is a gradual process and so it should be. Don't forget, even one pound a week is 52 pounds a year. Rapid weight loss is almost always related to lost water, not fat. It is never permanent and could be damaging to your health. Always consult your doctor before beginning any serious weight loss program.

Weigh Down™ is a powder which, when mixed with skim or low fat milk, makes a thick, rich, delicious drink. It is available in your choice of Vanilla, Chocolate and Strawberry.

LEWIS LABS

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BY Neal Barnard, MD

raising veg kids

Does it pay to start early?

Q My kid just went vegetarian. What do I need to know?

A First, know that you are a lucky parent. Your child has just made one of the most healthful decisions any child—or adult—can make. When it comes to health benefits, going vegetarian is right up there with quitting smoking and avoiding substance abuse.

Many children today are at risk for weight problems, and things only get worse as they reach adulthood. One in three children born in 2000 will develop diabetes at some point in his or her life, according to the Centers for Disease Control and Prevention. Heart disease and diet-related cancers are epidemics. But children who are raised as vegetarians or go vegetarian gain a measure of protection against these problems. Take it from the American Dietetic Association, which released a position statement on vegetarian diets in 2009:

"Vegetarian diets are often associated with a number of health advantages, including lower blood cholesterol levels, lower risk of heart disease, lower blood pressure levels, and lower risk of hypertension and type 2 diabetes. Vegetarians tend to have lower body mass index (BMI) and lower overall cancer rates."

The ADA went on to say: "Vegetarian diets in childhood and adolescence can aid in the establishment of lifelong healthful eating patterns and can offer some important nutritional advantages."

In other words, vegetarian diets are great, and it pays to start early.

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

Q OK, but will vegetarian kids grow properly?

A According to the ADA, vegetarian children grow just fine. In fact, in a study of 1,765 children and adolescents in Southern California, vegetarians actually averaged about an inch taller than their meat-eating counterparts.

And what about overall nutrition? As a good parent, you are no doubt wondering if your child is getting all the essentials. Let's look at the nutrients parents worry about most:

Protein: There is plenty of protein in grains, vegetables, beans, and bean products (e.g., tofu, soymilk). And they do not need to be eaten in any special combinations; a normal variety of these foods, consumed

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over the course of a day, provides all the protein a growing child needs.

Calcium: Green leafy vegetables and legumes—or "greens and beans," for short—are rich in calcium. This is particularly true for certain greens, such as broccoli, collards, kale, bok choy, and Brussels sprouts, in contrast to spinach, whose calcium is poorly absorbed. You'll also find plenty of calcium in fortified foods, such as fortified orange juice or soymilk. And don't fight over vegetables your child doesn't like. Just serve the ones that do go over well. Tastes broaden as the years go by.

Iron: Greens and beans, which are rich in iron, come to the rescue again. Vitamin C–rich foods, such as citrus fruits, tend to enhance the absorption of iron consumed in the same meal. If you are concerned, a daily multivitamin-mineral supplement will easily have you covered.

Vitamin B_{12}: Vitamin B_{12} is essential for healthy blood and nerves. It is not found in unfortified plant foods, although it is present in dairy products and eggs, which you may or may not be serving. But vitamin B_{12} is easy to find in many fortified breakfast cereals, fortified soymilk, and all common multivitamins. I recommend that everyone—vegetarian or not—take a multivitamin or other convenient source of vitamin B_{12} every day. Even meat-eaters often run low, due to poor absorption.

So, when it comes to growth and overall health, don't worry. Vegetarian children do really well. You should worry more about the nonvegetarians in your family.

Which brings us to the second thing you should know: it is easier for children to stick with a healthful vegetarian diet when the rest of the family is on the same path. So if your child has gone veg, it's time for you to consider doing the same. It will help the whole family stay slim and healthy for many years to come.

2 RULES OF THUMB

Your child will get all the nutrients he or she needs if you do two things:

1. Each day, serve foods from the four healthful food groups: vegetables, fruits, legumes (beans, peas, and lentils), and whole grains.
2. Include a reliable source of vitamin B_{12}, such as any common multivitamin or fortified foods.

Neal Barnard, MD, lives in Washington, D.C., and went vegan himself 25 years ago.

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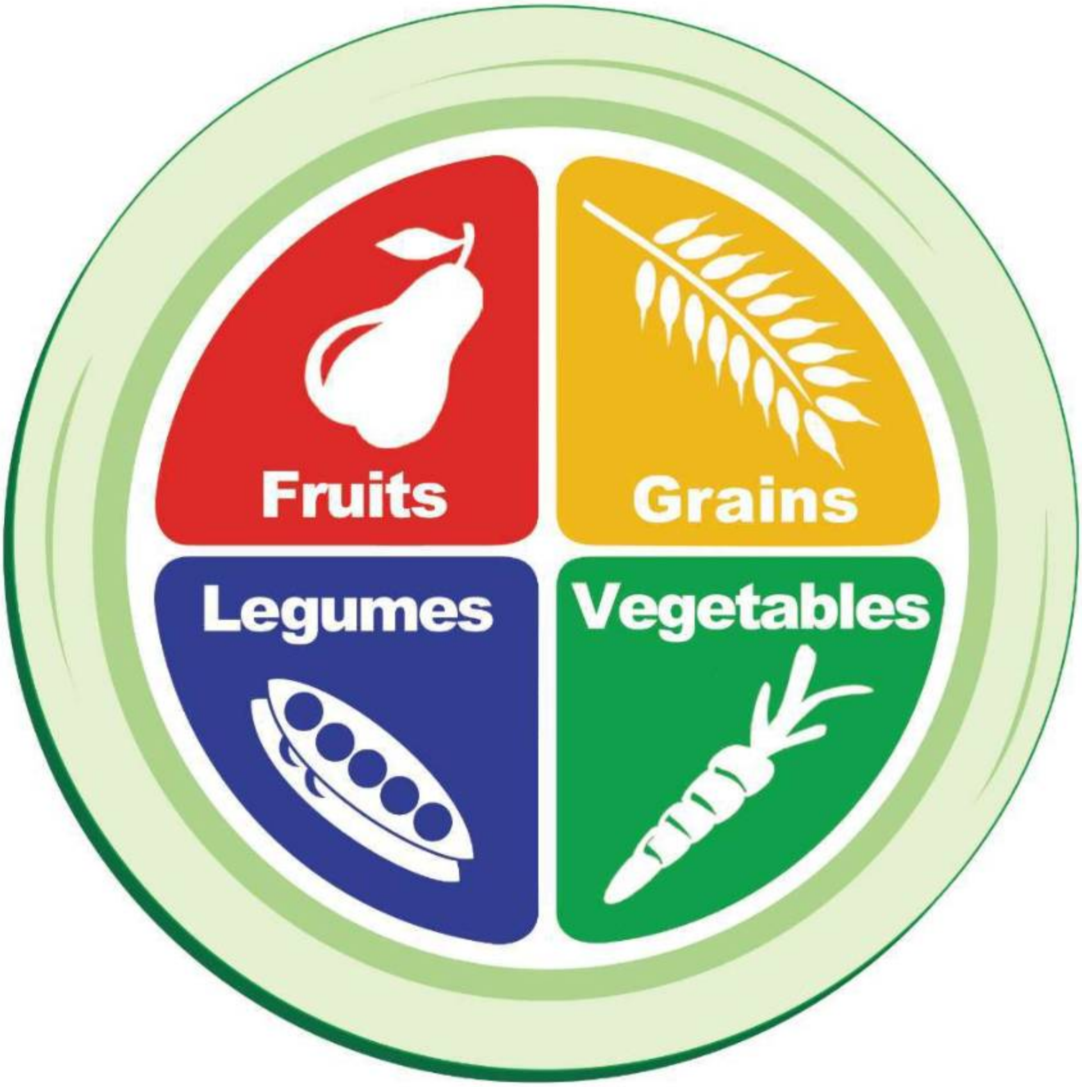
Meet the Power Plate

A nutrition teaching tool for our times



The Pyramid, in its various incarnations, was a step forward for nutrition guidance. But it has never been fully evidence-based. Scientific studies show that people who consume a plant-based diet have the lowest risk of obesity, diabetes, heart disease, and other health risks.

According to the American Dietetic Association, vegetarian diets are not only nutritionally appropriate for all stages of the life cycle, they are beneficial for prevention and treatment of certain diseases.*

For educational materials about this new, user-friendly teaching tool, visit

www.ThePowerPlate.org.

*American Dietetic Association. Position of the American Dietetic Association: Vegetarian Diets. J Am Diet Assoc. 2009; 109:1266-1282.

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Sweet-and-Sour Tofu Packets

SERVES 4 | 30 MINUTES OR FEWER

Kids love the sweet-and-sour flavor combination here, and it's a great way to get them excited about tofu. But you may want to skip the almonds and the herbs when serving younger diners.

- 2 8-oz. pkg. Asian-seasoned baked tofu (such as teriyaki or sesame-garlic), diced
- 2 cups diced pineapple
- 1 medium red bell pepper, diced (1 cup)
- 1 medium green bell pepper, diced (1 cup)
- 8 green onions, thinly sliced (½ cup)
- 1 cup light coconut milk
- ⅓ cup pineapple juice
- ¼ cup no-sugar-added apricot or peach fruit spread
- 2 Tbs. apple cider vinegar
- 2 Tbs. ketchup
- 1½ tsp. chile-garlic paste
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint
- 16 smoked almonds, finely chopped, optional

1. Preheat oven to 400°F. Place 4 16-inch lengths of foil on work surface. Fold foil in half from short side. Unfold. Shape corners and edges of one half into semicircular "bowl" with ½-inch sides. Coat insides of foil with cooking spray.
2. Divide tofu among foil packets. Top each serving with ½ cup pineapple, ¼ cup red bell pepper, ¼ cup green bell pepper, and 2 Tbs. green onions.
3. Whisk together coconut milk, pineapple juice, fruit spread, vinegar, ketchup, and chile-garlic paste. Divide sauce among packets. Fold other half of foil over ingredients, and crimp edges in overlapping folds until packets are sealed. Transfer packets to baking sheet, and bake 25 to 30 minutes.
4. Meanwhile, stir together basil and mint. Transfer pouches to serving plates. Let each person open packet slowly and carefully—escaping air will be hot. Sprinkle with basil, mint, and smoked almonds, if using.

PER PACKET: 420 CAL; 28 G PROT; 17 G TOTAL FAT (5 G SAT FAT); 38 G CARB; 0 MG CHOL; 600 MG SOD; 5 G FIBER; 23 G SUGARS V

Tomato-Mozzarella Packets with Polenta

SERVES 4 | 30 MINUTES OR FEWER

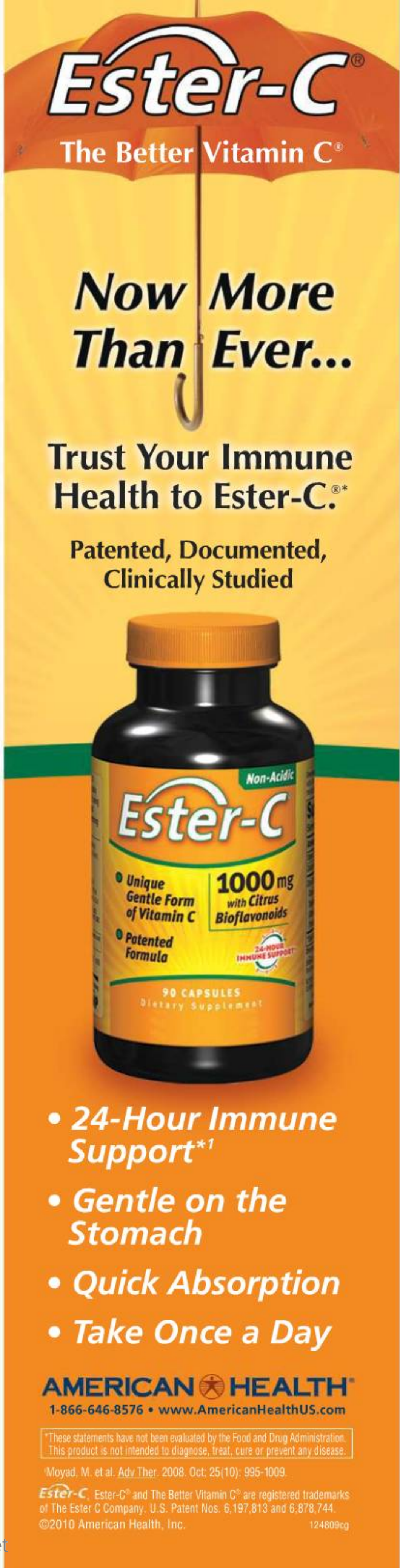
Cheesy polenta offers a satisfying alternative to pasta and sauce on a weeknight. For a different flavor combination, substitute crumbled feta for mozzarella and fresh chopped mint for basil.

- 1 16-oz. tube prepared garlic-herb polenta, cut into 16 slices
- 2 large tomatoes, each cut into 8 slices
- 16 pitted oil-cured olives, halved, optional
- 4 tsp. garlic olive oil
- 2 tsp. balsamic vinegar
- 1 tsp. dried Italian herbs
- 4 oz. (1 cup) shredded reduced-fat mozzarella cheese
- ½ cup chopped fresh basil, for garnish

1. Preheat oven to 400°F. Place 4 16-inch lengths of foil on work surface. Fold foil in half from short side. Unfold. Shape corners and edges of one half into semicircular "bowl" with ½-inch sides. Coat insides of foil with cooking spray.
2. Place 4 polenta slices, slightly overlapping, in each foil semicircle. Arrange 4 tomato slices over polenta. Scatter 8 olive halves (if using) over tomatoes. Drizzle each serving with 1 tsp. garlic olive oil and ½ tsp. balsamic vinegar, and sprinkle with ¼ tsp. Italian herbs; season with salt and pepper (if desired), and top with ¼ cup mozzarella. Fold other half of foil over ingredients, and seal edges in overlapping folds until packets are sealed. Transfer to baking sheet, and bake 25 to 30 minutes.
3. Remove baking sheet from oven, and transfer packets to serving plates. Let each person open packet slowly and carefully—escaping air will be hot. Garnish with basil.

PER PACKET: 216 CAL; 11 G PROT; 9 G TOTAL FAT (3 G SAT FAT); 23 G CARB; 15 MG CHOL; 574 MG SOD; 2 G FIBER; 4 G SUGARS GF

Victoria Abbott Riccardi enjoys making packets all year long, but particularly in the warmer months when she often cooks them on the grill.



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Jim Fiscus *for* ESPN The Magazine

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We surf the Internet.
We swim in magazines.

The Internet is exhilarating. Magazines are enveloping. The Internet grabs you. Magazines embrace you. The Internet is impulsive. Magazines are immersive. And both media are growing.

Barely noticed amidst the thunderous Internet clamor is the simple fact that magazine readership has risen over the past five years. Even in the age of the Internet, even among the groups one would assume are most singularly hooked on digital media, the appeal of magazines is growing.

Think of it this way: during the 12-year life of Google, magazine readership actually increased 11 percent.

What it proves, once again, is that a new medium doesn't necessarily displace an existing one. Just as movies didn't kill radio. Just as TV didn't kill movies. An established medium can continue to flourish so long as it continues to offer a unique experience. And, as reader loyalty and growth demonstrate, magazines do.

Which is why people aren't giving up swimming, just because they also enjoy surfing.

MAGAZINES
The *Power* of *Print*®

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BY Matthew G. Kadey, RD RECIPE BY Mary Margaret Chappell

tart cherries

What's not to love about these ruby-bright gems?

HOW IT HEALS It's about time more of us were sweet on tart cherries. Also known as sour (or pie) cherries, these fruits of the *Prunus cerasus* tree are packed with anthocyanins, potent antioxidants responsible for the fruit's rosy hue. Anthocyanins are also believed to reduce inflammation and oxidative stress and slow mental decline, says Elizabeth Somer, RD, author of *Eat Your Way to Happiness*. A 2009 *Journal of Nutrition* study reported that drinking tart cherry juice may decrease oxidative damage to body cells, thereby acting as a deterrent against cancer, heart disease, and Alzheimer's. In fact, tart cherries contain more antioxidants, including vitamin C, than their sweeter counterparts. Each serving of this stone fruit also abounds in beta-carotene. "The body uses beta-carotene to make vitamin A and maintain a healthy immune system," Somer explains.

Tired of counting sheep? Cherries are one of the few food sources of melatonin, a compound touted for improving sleep patterns and easing the effects of jet lag.

EAT IT UP While tart cherries are mostly sold frozen, juiced, or dried, during the summer months you can often find them fresh at farmers' markets. Varieties include Montmorency, Early Richmond, and Balaton. Beyond featuring tart cherries in pies, try them in jams, salsas, compotes, bread puddings, and ultra-refreshing granitas. "Or use them to make a luscious sauce for pancakes, waffles, and ice cream," Somer suggests.

Keep a stash of dried tart cherries on hand for a nutrient-packed snack, or toss them into chili, coleslaw, quinoa, pilafs, relishes, green salads, baked good batters, or DIY granola and trail mix.

Somer adds a splash of lip-puckering tart cherry juice to smoothies, vinaigrettes, iced teas, and rice cooking water. Combined with balsamic vinegar and reduced, cherry juice also makes a fruity glaze to brighten up grilled tofu or veggies. Or cut with seltzer water for a sultry summer spritzer.

Make sure you choose 100 percent juice, "and opt for unsweetened frozen or dried tart cherries to cut back on sugar intake," Somer says.

Supplement Savvy

As an adjunct to a well-balanced diet, consider taking one or two tart cherry extract veg caps daily with meals for an antioxidant boost.

Tart Cherry Yogurt

SERVES 8 | 30 MINUTES OR FEWER

Making your own flavored yogurt is easy with tart cherry juice and dried tart cherries. The mixture will keep up to one week in the fridge, which means you can serve yourself a dose of tart cherries whenever you like.

- ½ cup unsweetened tart cherry juice
- ¼ cup chopped dried unsweetened tart cherries
- 3 Tbs. agave nectar
- 1 32-oz. container plain soy yogurt

Stir cherry juice, chopped dried cherries, and agave nectar into a container of soy yogurt until well combined.

PER ¼-CUP SERVING: 119 CAL; 3 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 16K MG SOD; 2 G FIBER; 15 G SUGARS

Canada-based writer Matthew G. Kadey, RD, admits to a weakness for chocolate-covered tart cherries.

PHOTOGRAPHY Mike Lorrig PROP STYLING Jules Moore

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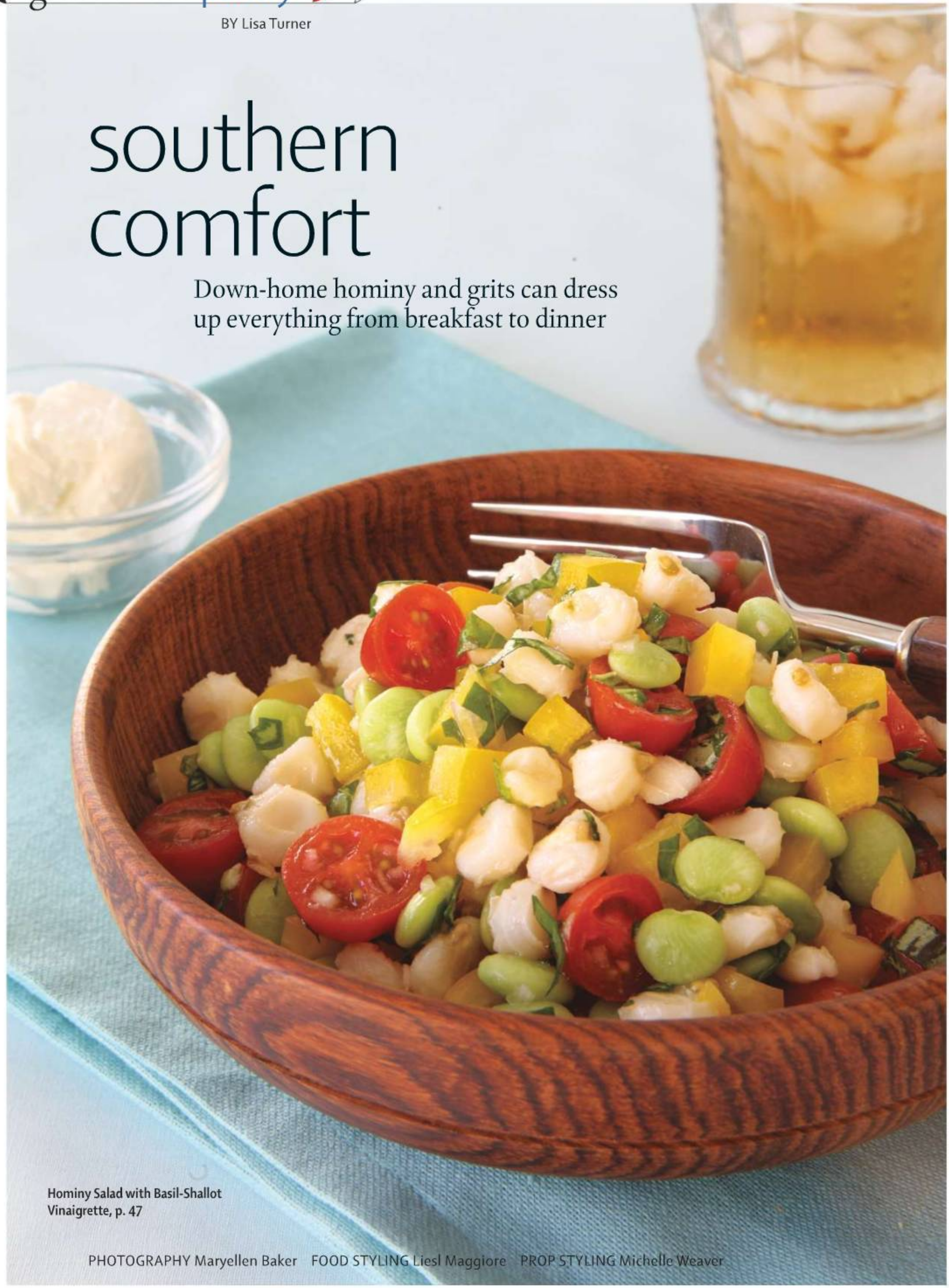
BY Lisa Turner

southern comfort

Down-home hominy and grits can dress up everything from breakfast to dinner



Hominy Salad with Basil-Shallot Vinaigrette, p. 47

PHOTOGRAPHY Maryellen Baker FOOD STYLING Liesl Maggiore PROP STYLING Michelle Weaver

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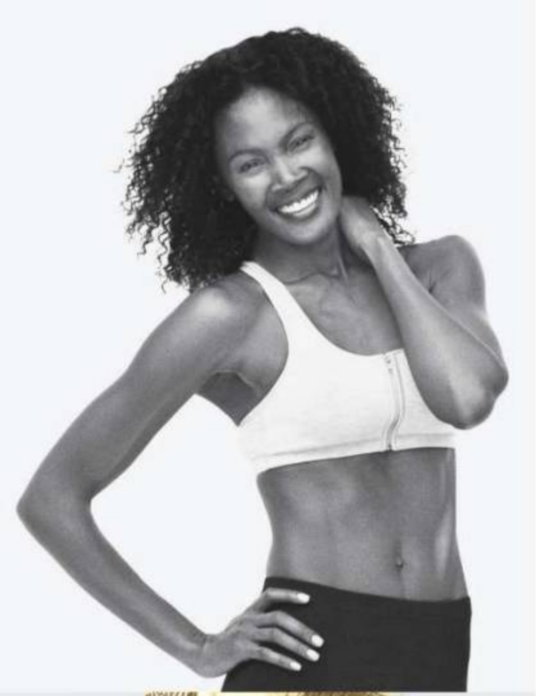

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Submit your favorite internationally inspired holiday recipes

FIRST PRIZE $500

SECOND PRIZE $300

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vegetarian times — EAT GREEN • LIVE WELL

2010 reader recipe contest

From Moravian sugar cookies and Mexican tamales to Italian panettones or vegified Swedish meatballs, most cooks have an international specialty that is as much a part of holiday celebrations as cranberry sauce and pumpkin pie. If you've got a seasonal dish from another part of the world that's found a place on your holiday table, we'd like you to enter it in the *Vegetarian Times* 2010 Reader Recipe Contest.

Simply send in your original vegetarian or vegan recipe (using one or more of the ingredients from the sponsor list below) by June 30, 2010. If your recipe is among the winners, you could win one of three cash prizes and see your holiday favorite featured in the November/December issue of *Vegetarian Times*.

vegetariantimes.com/recipecontest for entry forms and contest rules

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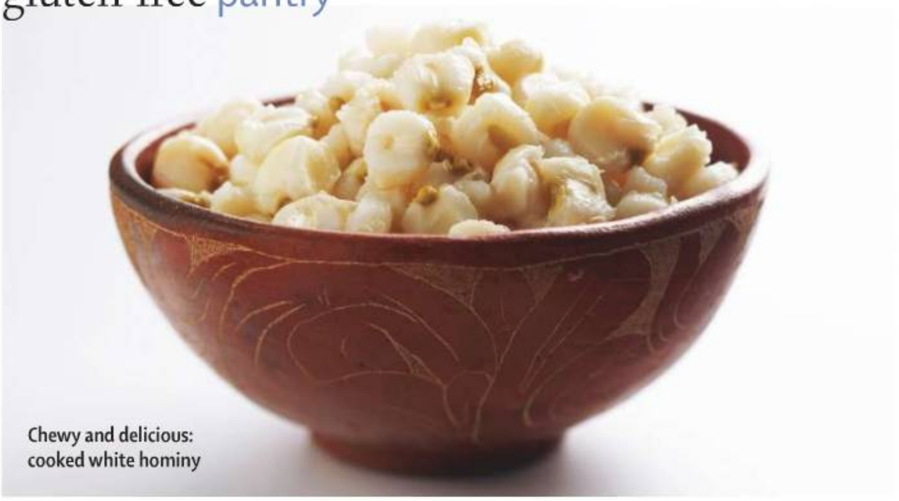

Chewy and delicious: cooked white hominy

THE SCOOP

It's hard to believe that the creamy-white pearls of whole hominy or the polenta-like flakes of hominy grits are really corn—their color and texture are so different from fresh kernels. That's because hominy is dried white or yellow corn kernels from which the germ and outer hull have been removed. Grinding hominy kernels down to a grain-like consistency makes grits.

HOW IT'S USED

In the South, whole hominy is served as a side dish or used in soups, stews, and casseroles. Whole hominy also is popular in Mexican and Central American cuisines, where it's an essential ingredient in *posole* (a stew traditionally served at Christmas) and *mote pillo* (a dish of hominy fried with eggs, onions, herbs, and spices). You can use hominy in place of Israeli couscous, wheat berries, barley, or other large grains in salads and soups. Cook grits with water or milk, and serve as a hot breakfast cereal or creamy side dish. Grits can also be chilled, sliced, and pan-fried like polenta.

SHOPPING TIPS

Dried whole hominy can be found in Latin American grocery stores or the Mexican food section of some supermarkets. Like dried beans, dried hominy needs to be soaked, and then cooked, but you can also find it canned. When shopping for grits, look for the stone-ground variety, which has the best flavor and texture.

Hominy Salad with Basil-Shallot Vinaigrette

SERVES 6 | 30 MINUTES OR FEWER

Hearty hominy kernels fill out this summery salad, which makes a delicious lunch or light dinner when served on a bed of greens.

- 1 small shallot, minced (2 Tbs.)
- 2 Tbs. white wine or champagne vinegar
- ¼ cup olive oil
- ¼ cup finely chopped fresh basil
- 1 15-oz. can white hominy, rinsed and drained
- 1½ cups frozen lima beans, thawed
- 1 cup halved grape or teardrop tomatoes
- 1 small yellow bell pepper, diced (1 cup)
- ½ cup crumbled fresh goat cheese or shaved Asiago cheese

1. Whisk together shallot and vinegar in small bowl. Whisk in oil until emulsified, then whisk in basil. Add white pepper and salt, if desired.

2. Toss together hominy, lima beans, tomatoes, and bell pepper in serving bowl. Drizzle with dressing, and toss again to coat. Sprinkle with cheese, and serve.

PER ½-CUP SERVING: 200 CAL; 6 G PROT; 12 G TOTAL FAT (3 G SAT FAT); 18 G CARB; 5 MG CHOL; 254 MG SOD; 4 G FIBER; 3 G SUGARS

Lisa Turner, a chef, food writer, intuitive eating coach, and Southern girl, grew up on grits for breakfast.

ANDREA BRICCO/STOCKFOOD.COM

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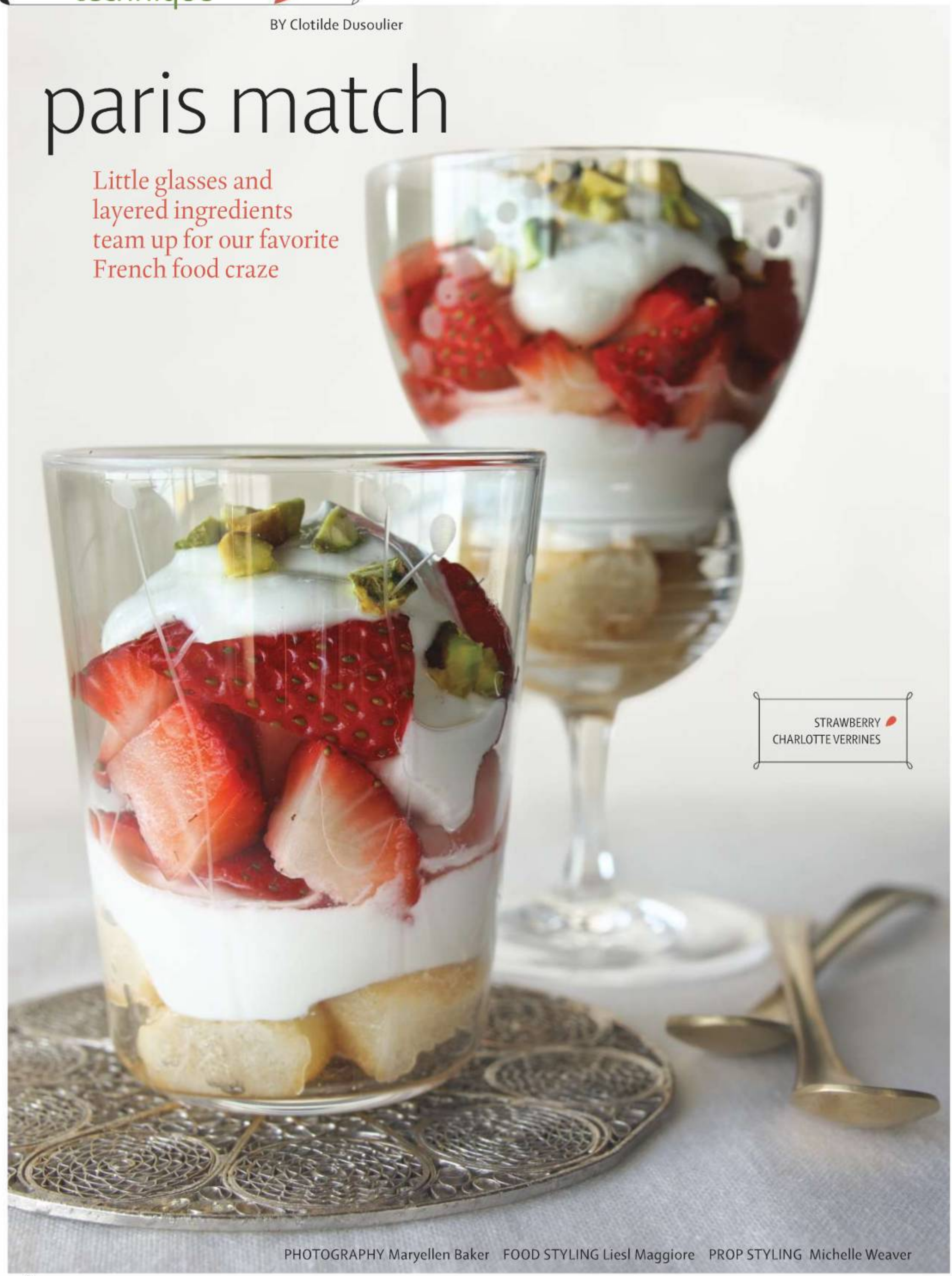
BY Clotilde Dusoulier

paris match

Little glasses and layered ingredients team up for our favorite French food craze



STRAWBERRY CHARLOTTE VERRINES

PHOTOGRAPHY Maryellen Baker FOOD STYLING Liesl Maggiore PROP STYLING Michelle Weaver

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If you're invited to dinner in Paris, the odds are good that you'll be served a *verrine*, a lovely light appetizer (sometimes dessert) made by layering ingredients in small glasses. The verrine trend took France by storm several years ago and shows no sign of ever becoming passé—probably because the exquisitely colorful servings have an aura of elegance and sophistication, yet most can be assembled very simply. As an appetizer or buffet item, verrines offer a welcome break from canapés and dips. And because they're petite, they provide built-in portion control for dessert.

WHAT YOU'LL NEED

- small glasses or champagne flutes that hold no more than ½ cup
- 8 small teaspoons, demitasse spoons, or small forks

DESIGN YOUR OWN

There's no end to the verrines you can create when you follow these three steps:

- **Keep it colorful** The brighter the layers, the prettier the verrine. Choose vibrant-hued fruits and vegetables; then add white contrast with cheese, yogurt, or tofu, and texture with specks of seeds, chopped nuts, dried fruits, or minced herbs.
- **Limit layers to four** Tempting as it is to pile on the flavor possibilities, the best verrines are relatively simple, with three to four distinct layers.
- **Think bottom to top** Place thicker, heavier ingredients (grains, cheese, etc.) at the bottom of the glass, then work up, ending with the lightest, most delicate ingredients.

Strawberry Charlotte Verrines

SERVES 8

Limoncello, a bright-yellow lemon liqueur from Italy, is used to make a sweet, flavorful syrup that softens the ladyfingers in this recipe. Cointreau, Grand Marnier, amaretto, rum, or any other flavored alcohol—or good old lemon juice—could be substituted.

- 2 Tbs. plus 2 tsp. sugar, divided
- 1 Tbs. limoncello
- 1 cup plain nonfat Greek yogurt
- 8 ladyfingers, cut into bite-sized pieces
- 12 large strawberries, or 16 small strawberries, cut into bite-sized pieces or quartered
- 1 Tbs. blanched pistachios (not salted or roasted), coarsely chopped

1. Place 2 Tbs. sugar in small, heat-proof bowl. Pour 3 Tbs. boiling water over sugar, and stir until sugar has dissolved. Stir in limoncello. Cool.
2. Whisk together Greek yogurt and remaining 2 tsp. sugar.
3. Dip ladyfinger pieces in limoncello syrup, and arrange ladyfingers in bottoms of glasses. Spoon 1 Tbs. yogurt into each glass over ladyfingers.
4. Gently toss strawberries in remaining limoncello syrup, and arrange over yogurt. Spoon remaining yogurt on top, and sprinkle with pistachios. Serve with small spoons.

PER ⅓-CUP VERRINE: 78 CAL; 4 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 15 MG CHOL; 61 MG SOD; <1 G FIBER; 10 G SUGARS

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[1] National Kidney Foundation. www.kidney.org. Accessed Dec. 2009
[2] Moyad, M. et al. Adv Ther. 2008. Oct; 25(10): 995-1009.
[3] Per two vegetarian tablet serving ©2010 American Health, Inc. 125009cg

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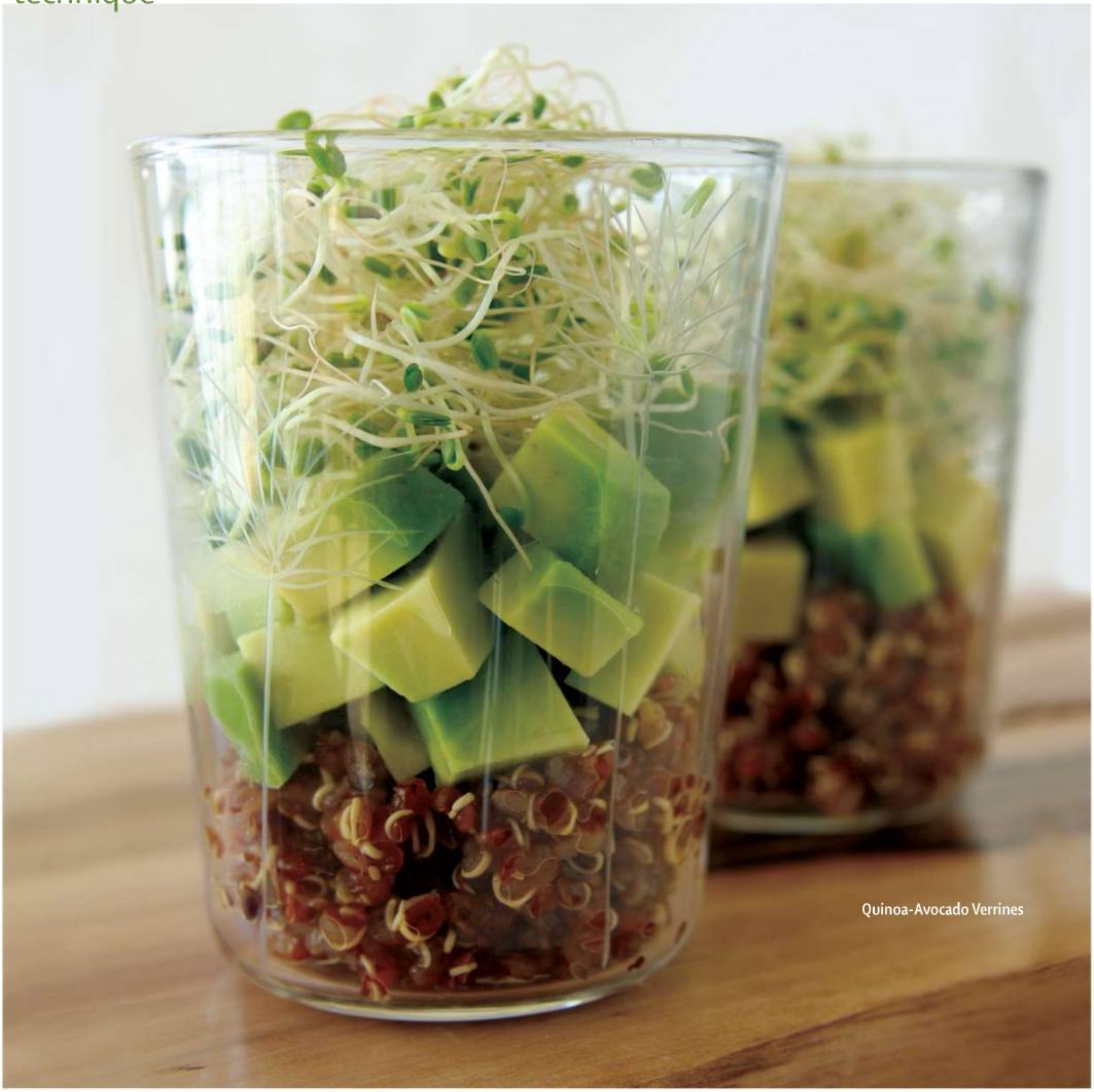

Quinoa-Avocado Verrines

Quinoa-Avocado Verrines

SERVES 8 | 30 MINUTES OR FEWER

These light, chilled verrines are a great appetizer to serve before a hearty meal because they won't fill you up. Red quinoa makes the presentation extra eye-catching, but you also can use regular quinoa or steamed couscous or bulgur.

- ⅓ cup red quinoa
- ½ tsp. chili powder, divided
- 3 tsp. lime juice, divided
- 2 tsp. olive oil
- 1 ripe avocado (6.5 oz.)
- 2–3 drops Tabasco sauce
- ⅓ cup alfalfa, broccoli, or leek sprouts

1. Bring quinoa, ¼ tsp. chili powder, and 1 cup water to a boil in small saucepan. Cover, reduce heat to medium-low, and simmer 12 to 15 minutes, or until most liquid is absorbed.
2. Whisk together 2 tsp. lime juice, oil, and remaining ¼ tsp. chili powder in bowl. Add quinoa, and toss to coat. Season with salt and pepper, if desired.
3. Divide quinoa among glasses. (Recipe can be prepared ahead up to this point; cover, and refrigerate up to 24 hours.)
4. Dice avocado, season with salt and pepper (if desired), and toss with Tabasco sauce and remaining 1 tsp. lime juice.
5. Divide avocado among glasses, and top each with pinch of sprouts. Serve immediately, with small forks or spoons.

PER ⅓-CUP VERRINE: 66 CAL; 1 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 5 MG SOD; 2 G FIBER; <1 G SUGARS V

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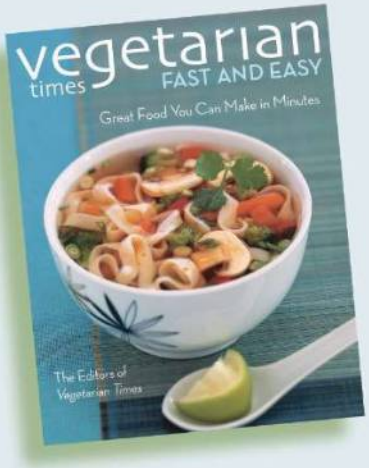

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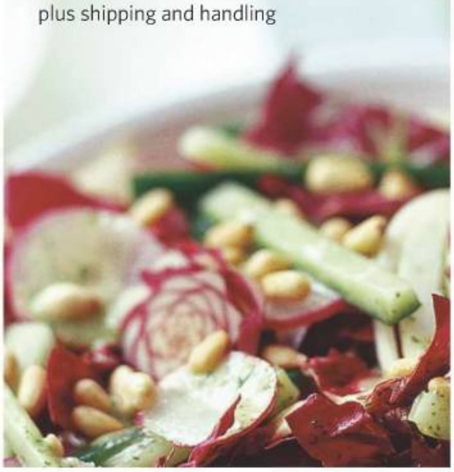

tip

Think of each verrine as its own little composition, with an appealing balance of flavors, textures, and colors. The various components can often be prepared in advance, but verrines look and taste best if they're assembled close to serving time.

Zucchini Verrines with Tahini Dressing

SERVES 8

Tahini, the peanut butter–like sesame seed paste that's used to flavor hummus, is a wonderful addition to sauces and dressings. Here, it turns grated zucchini into a salad that tastes special. Be sure to assemble these verrines just before serving so that the zucchini doesn't turn soggy.

- 3 Tbs. tahini
- 1 tsp. lemon juice
- ½ clove garlic, minced (½ tsp.)
- 2 medium zucchini, coarsely grated
- ¼ cup fresh mint leaves, chopped
- 2 tsp. toasted sesame seeds

1. Whisk together tahini, lemon juice, and garlic in small bowl. Stir in 3 Tbs. water, a few drops at a time, and mix until smooth. Season with salt and pepper, if desired. Cover, and chill.
2. Combine zucchini and mint in bowl. Season with salt and pepper, if desired.
3. Divide zucchini among glasses. Top each with dollop of tahini dressing, and sprinkle with sesame seeds. Serve with small forks.

PER ⅓-CUP VERRINE: 48 CAL; 2 G PROT; 4 G TOTAL FAT (4 G SAT FAT); 3 G CARB; 0 MG CHOL; 7 MG SOD; <1 G FIBER; 1 G SUGARS V GF

Chilled Pea Soup Verrines

SERVES 8

Simplicity is the main ingredient in this creamy soup of peas and fresh herbs. Garlic toast fingers are perfect for dipping into the soup to get to the cheese on the bottom.

- 2 tsp. olive oil
- ½ yellow onion, diced (⅔ cup)
- 2⅓ cups fresh or frozen green peas
- 2¾ cups low-sodium vegetable broth, heated until hot
- ¼ cup fresh tarragon, chervil, or flat-leaf parsley leaves
- 2 slices sourdough bread (2 oz. each)
- 1 clove garlic, halved
- ⅓ cup fresh sheep's milk cheese or ricotta salata, crumbled

1. Heat oil in medium saucepan over medium heat. Add onion, sprinkle with salt (if desired), and sauté 3 minutes, or until softened but not colored.
2. Add peas and hot broth. Bring to a simmer, and cook, covered, 7 to 8 minutes if using fresh peas (3 minutes if using frozen), or until peas are just cooked through.
3. Remove from heat; cool 20 minutes. Add herbs, and purée until smooth in blender or food processor or with immersion blender. Press through fine-mesh sieve into bowl, and chill.
4. Rub both sides of bread slices with cut sides of garlic clove; toast bread, and cut each slice into 4 slim fingers.
5. Divide cheese among glasses. Stir chilled soup; taste, and season with salt (if desired). Pour over cheese, and sprinkle with black pepper (if desired). Balance 1 bread finger across rim of each glass, and serve with small spoons.

PER ⅓-CUP VERRINE: 114 CAL; 5 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 16 G CARB; 6 MG CHOL; 203 MG SOD; 3 G FIBER; 4 G SUGARS

Clotilde Dusoulier is the Parisian food writer behind the cookbooks Chocolate & Zucchini: Daily Adventures in a Parisian Kitchen *and* Clotilde's Edible Adventures in Paris.

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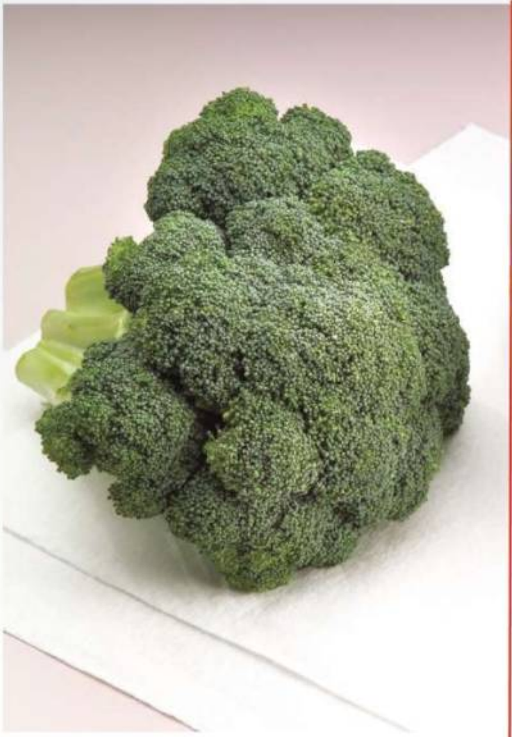

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BY Melynda Saldenais

dad's day afternoon

Serve up a casual Father's Day feast the entire family will love

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THE MENU

- SOUTHWESTERN SALAD WITH AVOCADO-LIME DRESSING, p. 56
- MINI LOADED RED POTATOES, p. 56
- CAROLINA-STYLE BARBECUE SANDWICHES, p. 57
- BROWN SUGAR–TOFFEE CAKE, p. 57

Sure, breakfast in bed is a good start for showing Dad how much he's loved on Father's Day, but why not go all-out and create a homemade feast of hungry-man favorites? Here, sports bar–style stuffed potatoes and juicy barbecue sandwiches are served with a festive Southwestern salad and a toffee-topped brown sugar cake for a meal that'll make him feel special. The recipes are all easy enough to get kids involved in the cooking and tasty enough to inspire rave reviews from the whole family.

PHOTOGRAPHY Lisa Romerein FOOD STYLING Valerie Aikman-Smith PROP STYLING Ann Johnstad

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Carolina-style Barbecue Sandwich, p. 57

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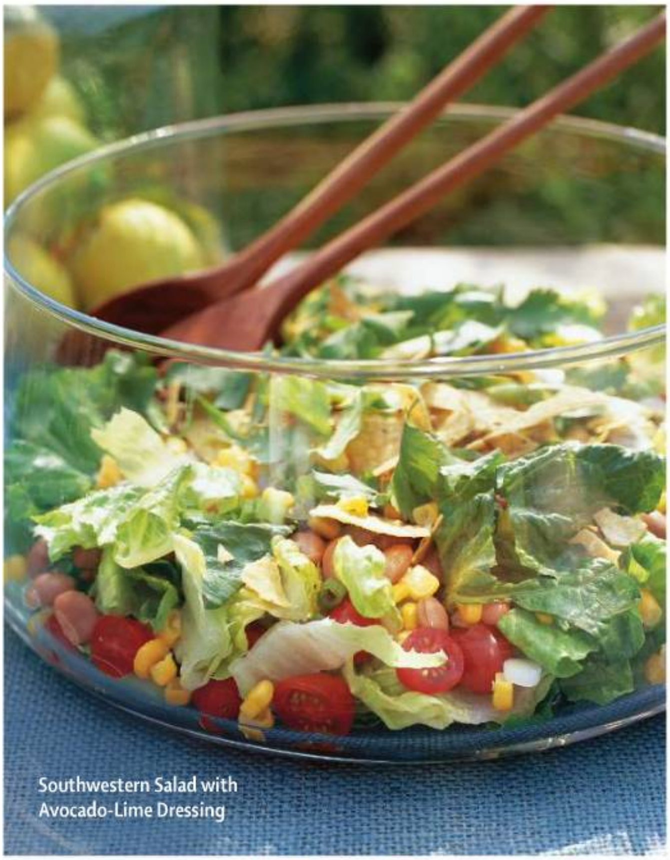
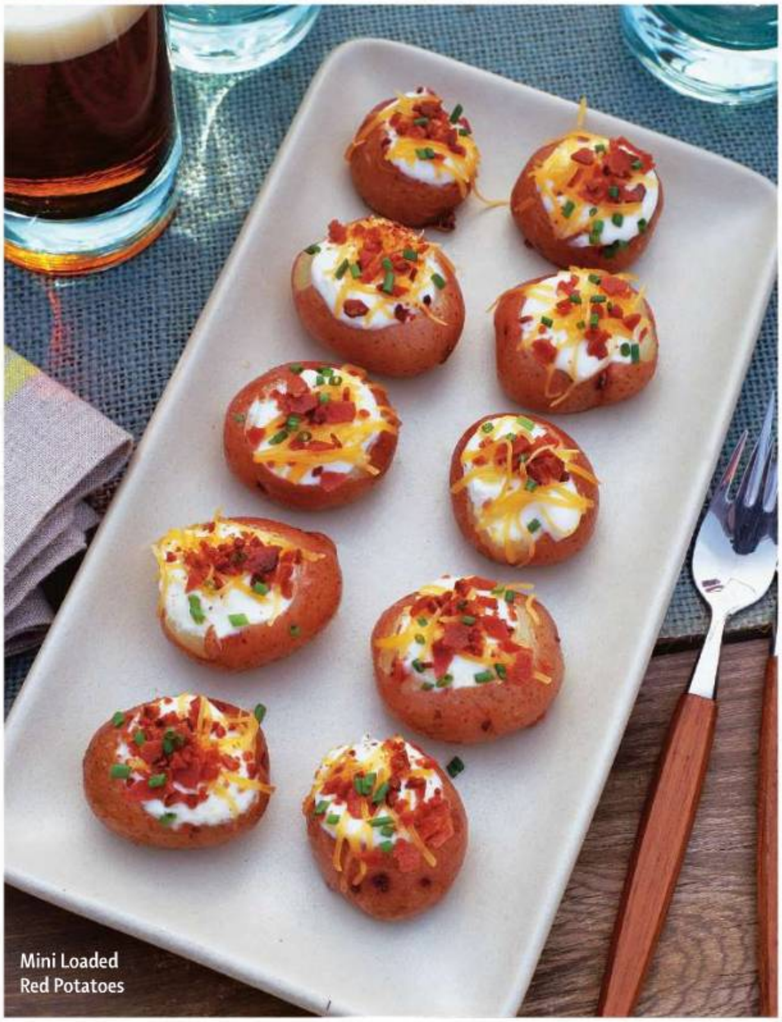

Southwestern Salad with Avocado-Lime Dressing


Mini Loaded Red Potatoes

Kids and dads alike will enjoy a sunny salad topped with corn-chip crumbles and creamy avocado-lime dressing.

Southwestern Salad with Avocado-Lime Dressing

SERVES 8 | 30 MINUTES OR FEWER

Sweet romaine, grape tomatoes, and corn, plus tender pinto beans and crunchy corn chips make a truly satisfying salad.

- 2 cups chopped romaine lettuce
- 1½ cups cooked pinto beans or 1 15-oz. can pinto beans, rinsed and drained
- 1 cup grape tomatoes, chopped
- ½ cup fresh or frozen corn kernels
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 1 ripe avocado
- ¾ cup prepared (not chunky) salsa
- ½ cup low-fat sour cream
- 3 Tbs. lime juice
- 4 drops Tabasco sauce, optional
- ⅓ cup crushed corn tortilla chips (about 20 chips), optional

1. Combine lettuce, beans, tomatoes, and corn in clear glass bowl. Sprinkle green onions and cilantro on top.
2. Mash avocado in separate bowl, and whisk in salsa, sour cream, and lime juice. Season with hot sauce (if using), and salt and pepper, if desired. Pour dressing over salad, toss well, and top with crushed corn chips (if using).

PER ½-CUP SERVING: 115 CAL; 4 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 16 G CARB; 3 MG CHOL; 196 MG SOD; 5 G FIBER; 3 G SUGARS GF

Mini Loaded Red Potatoes

MAKES 10 STUFFED POTATOES

These sports bar–inspired creations are roasted instead of deep-fried. Choose the smallest red potatoes you can find to keep them easy to eat. Little chefs can scoop out and stuff the potatoes and then sprinkle with paprika.

- 10 red potatoes (2 inches in diameter)
- 1 Tbs. vegetable oil
- 1 tsp. salt
- 3 pieces vegetarian bacon
- 5 tsp. low-fat sour cream
- 10 tsp. shredded low-fat cheddar cheese
- 6 chives, finely chopped
- Paprika for sprinkling

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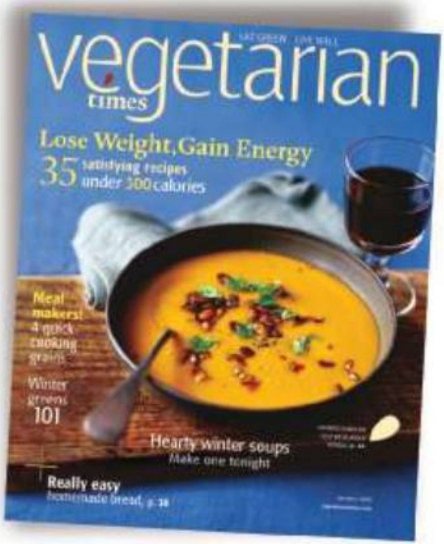

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1. Preheat oven to 375°F. Slice off small portion from one side of each potato to create flat base. Toss potatoes in bowl with oil and salt. Arrange potatoes, cut-side down, on baking sheet. Bake 20 to 30 minutes, or until soft.
2. Meanwhile, cook bacon according to package directions, then chop.
3. Allow potatoes to cool slightly, then slice top off each potato and scoop out 1 Tbs. flesh. Stuff each potato with ½ tsp. sour cream and 1 tsp. cheese, then sprinkle with bacon, chives, and paprika.

PER POTATO: 140 CAL; 4 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 24 G CARB; <1 MG CHOL; 316 MG SOD; 2 G FIBER; 2 G SUGARS

Carolina-style Barbecue Sandwiches

SERVES 4 | 30 MINUTES OR FEWER

A tangy mustard-based sauce distinguishes Carolina-style barbecue from its sweeter Kansas City cousin. This recipe makes 2 cups of sauce, leaving plenty to serve on the side. For crunch in your sandwiches, buy coleslaw at the deli, or make the Deep South Slaw from vegetariantimes.com.

- 1 cup apple cider vinegar
- ⅔ cup no-salt-added ketchup, such as Heinz
- ¼ cup yellow mustard
- 3 Tbs. dark brown sugar
- 1 Tbs. molasses
- 2 tsp. Louisiana-style hot sauce
- 2 tsp. black pepper
- 1 tsp. salt
- 12 oz. seitan, cut into thin strips
- 4 hamburger-style buns
- 12 pickle chips, optional
- 1 cup prepared coleslaw, optional

Bring vinegar, ketchup, mustard, brown sugar, molasses, hot sauce, black pepper, and salt to a simmer in saucepan over medium heat. Cook 5 minutes. Transfer 1 cup sauce to bowl, and set aside. Add seitan to saucepan, and cook 10 minutes. Divide among buns. Serve with pickle chips, coleslaw, and extra sauce, if using.

PER SANDWICH: 327 CAL; 29 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 47 G CARB; 0 MG CHOL; 766 MG SOD; 2 G FIBER; 15 G SUGARS

Brown Sugar–Toffee Cake

Brown Sugar–Toffee Cake

SERVES 12

The secret to success with this lighter version of a brown sugar pound cake is having all the ingredients at room temperature and beating the batter 2 to 3 minutes, or until light and fluffy. Serve with vanilla ice cream.

- 1½ cups all-purpose flour
- ¼ tsp. baking soda
- ⅛ tsp. baking powder
- ⅛ tsp. salt
- 6 Tbs. butter, softened
- 1 cup dark brown sugar
- ½ cup sugar
- 2 eggs, at room temperature
- ¼ cup cold strong coffee
- 1 tsp. vanilla extract
- ½ cup fat-free plain yogurt, at room temperature
- 3 milk chocolate–toffee bars, such as Heath

1. Preheat oven to 325°F. Coat 9-inch round cake pan with cooking spray.
2. Whisk together flour, baking soda, baking powder, and salt in large bowl. Set aside.
3. Beat butter, brown sugar, and sugar with electric mixer until smooth in separate bowl. Beat in eggs one at a time, and then beat in coffee and vanilla extract. Add ¼ cup yogurt, and beat until smooth. Add half of flour mixture, and beat until smooth. Beat in remaining ¼ cup yogurt, then remaining flour mixture. Beat 2 to 3 minutes, or until batter is smooth and creamy.
4. Spread batter in prepared cake pan, and bake 35 to 40 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes.
5. Meanwhile, pulse milk chocolate–toffee bars in food processor 8 times, or until crushed into bits. (It's OK if some bits are larger than others.) Unmold cake from pan, and set on wire rack. Sprinkle chocolate-toffee bits on top of cake while hot. Cool completely before serving.

PER SLICE: 425 CAL; 5 G PROT; 15 G TOTAL FAT (8 G SAT FAT); 68 G CARB; 81 MG CHOL; 231 MG SOD; 1 G FIBER; 49 G SUGARS

Denver-based chef and food writer Melynda Saldenais credits her well-traveled palate to her father's love of fine dining in restaurants around the world.

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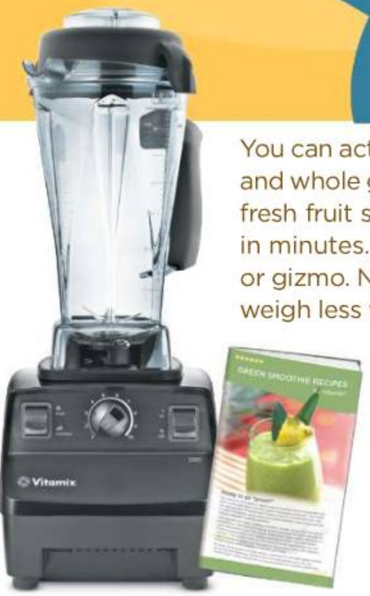

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BREAK FOR lunch

Try our 21-day plan to boost energy, bust stress, and get on a healthy path

You start every day with the best of intentions: a healthful breakfast, a vow to take a breather, and a plan to exercise. But by the time the clock strikes noon, the quick-and-cheap deli on the corner seems like a dandy lunch option. At 3 p.m., energy levels drop and the cookies in the coffee room are looking irresistible. By the time dinner rolls around, you're exhausted, cranky, and no closer to your slim-down goals.

Sound familiar? It may be that lousy lunch choices are hijacking your healthy life. Take a break from your old routine, and try *VT*'s 21-day challenge to transform lunchtime into the finest hour of your day.

The challenge is simple. For 21 days, you'll make your own lunch, go for a brisk 30-minute walk, and take a mini meditation break. That's it. To get you started and keep your taste buds happy, we've loaded the following pages with delicious make-and-take recipes. To keep you going strong, visit vegetariantimes.com/lunchchallenge to find daily tips and inspiration, plus fresh recipes for every day of the challenge.

BY **Lisa Turner** PHOTOGRAPHY **Beatriz Da Costa** FOOD STYLING **Natacha Arnoult**

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Stir-fried Tofu Bento Box with Sesame Soba Noodles and Ginger-Carrot Broccoli, p. 63

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why 21 days?

"It's important to view eating and exercise changes as long-term strategies for a healthier life," says Connie Diekman, MEd, RD, past president of the American Dietetic Association. "Look at the 21 days as first steps on a path—it's a good way to build in motivation and rewards."

Lunch is a smart time to work on habit changes. You're less likely to be at the whim of school schedules, family demands, or fussy eaters; it's the one meal that can be all about you. Lunchtime offers a prime opportunity to take a breather in the middle of the day. On a practical level, it's the ideal time to refuel your body to sustain you until dinner. A well-planned brown bag provides nutrition and energy in easy-to-control portions that leave you less vulnerable to cravings and convenience foods.

portrait of a power lunch

"It's always a healthy strategy to front-load calories early in the day," notes Jonny Bowden, PhD, CNS, author of *The 150 Most Effective Ways to Boost Your Energy*. "If you eat the proper amount of protein, fat, and fiber during lunch, you're less likely to binge in the afternoon or at dinner—and what we tend to binge on is sugar and processed foods."

A healthful lunch generally consists of protein, fat, and fiber, with some slow-burning carbs. Individual needs vary, but in general, aim for 3 to 5 ounces of protein, says Bowden; good choices include beans, lentils, tofu, and eggs. Add a portion of healthful fats—7 olives, 1 tablespoon of olive oil or almond butter, 10 walnuts, or a quarter of an avocado. Then add a serving of complex carbs, such as ½ cup of whole-grain pasta, brown rice, or quinoa, and unlimited amounts of greens and nonstarchy vegetables.

Eating well isn't just about *what* we eat, it's about *how* we eat. Shoveling down lunch while pecking away on the computer or battling noon traffic isn't necessarily nourishing. "Mindless eating is the enemy of a lean body," says Bowden. "First, when you take your attention away from the act of eating, you tend to eat faster, so you don't give your body enough time to allow the release of hormones that say 'stop eating, you're full.' "

Second, the type of food we gulp down tends to be sweet, fatty, processed, and refined. "It's harder to mindlessly cram down fresh, nutrient-dense foods," says holistic beauty and health coach Kat James, author of *The Truth About Beauty*. "When we taste these things, the mind almost demands that we slow down."

And there's the psychological factor: if we don't pay attention to the act of eating, we don't feel truly nourished—and that can lead to cravings later on in the afternoon. Focus on your food at lunch; turn off the computer, silence your cell phone, and get outside. Sit under a tree in a park or, if you must eat out, walk to your destination. You'll feel more revived and nourished than if you'd eaten that same salad or sandwich while you were hunched over your quarterly reports.

Eating a nutritious lunch is only part of the picture. The other part—you knew this was coming—is exercise. According to recent studies, says Bowden, "it's very clear that the only way to successfully keep weight off is to exercise, virtually every day. And exercise is superb for the heart and brain." For more good reasons, see "Why Walk 30 Minutes a Day" (p. 64).

Finally set aside a few minutes for a mini-meditation. Find a quiet spot where you won't be distracted—your office, an empty conference room, your car—and decompress with five to 10 minutes of deep breathing and body awareness. Do a simple scan—close your eyes and draw your attention to the various parts of your body, starting with your toes and ending with the crown of your head—to calm nerves and relax muscles.

At the end of the 21 days, you'll most likely have shed a few pounds, saved some cash, and begun to feel calmer and more energized. From there, you're well on your way to better lunching for life.

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5 tips FOR A BETTER BROWN BAG

1 KNOW THYSELF. If your days are so crazed that even a trip to the microwave feels like a hurdle, pack hot foods in a Thermos, or stick with cold options such as wraps or salads that require no extra steps at mealtime.

2 USE YOUR BEAN. Cooked or canned beans are cheap, supernutritious lunch options: a ½-cup serving provides about 8 grams of protein and 7 grams of fiber, all for about 130 calories. Toss kidney beans into salads; stir together black beans and salsa, and top with cubed avocado; or roast garbanzo beans in a 450°F oven for 30 minutes for a crunchy protein-packed snack.

3 MAKE FRIENDS WITH LEFTOVERS. Whenever you cook a healthful dinner, fix enough for an extra lunch-sized portion and pack it in a to-go container. (Several of the recipes on these pages were designed with this in mind.) Get creative with second-day alterations: roasted veggies can top a salad for lunch, and stir-fried tofu can star in a satisfying sandwich.

4 BYOB. Vending machine juice and sodas are pricey and unhealthful. Instead, pack lemon wedges and/or sliced cucumbers in a zip-top bag to stow in your office fridge for days of spa-style water. Or bring an assortment of tea bags to work for a warm beverage on demand—it will keep you out of the coffee shop, and away from the biscotti.

5 THINK BEYOND PAPER AND PLASTIC. If it's practical, keep a favorite water glass; a small plate and bowl; and a real fork, knife, and spoon in the office to make your lunchtime ritual more enjoyable.

7 fab lunch fixes

Crustless Leek, Greens, and Herb Quiche

SERVES 4 | 30 MINUTES OR FEWER

Make a quiche for dinner with your favorite greens, then save a slice for lunch with a salad or raw veggies the next day.

- 2 Tbs. fine dry breadcrumbs
- 2 small leeks, white and light green parts halved and sliced ½-inch thick
- 2 cups chopped Swiss chard, kale, collard greens, or mustard greens
- 4 egg whites
- 3 whole eggs, beaten
- ¼ cup low-fat milk
- ⅛ tsp. nutmeg
- 1 Tbs. chopped fresh tarragon
- 1 tsp. chopped fresh basil
- 2 oz. soft goat cheese

1. Preheat oven to 425°F. Coat bottom and sides of 9-inch glass pie dish with olive oil cooking spray. Scatter breadcrumbs over bottom of pie dish.
2. Bring 4 cups salted water to a boil in large pot. Add leeks; boil 3 minutes. Remove pot from heat, add Swiss chard, and let stand 30 to 45 seconds, or until greens are wilted. Drain, rinse with cold water, and drain again, squeezing out excess water with hands. Set aside.
3. Whisk egg whites until frothy. Whisk in eggs. Whisk in milk and nutmeg; season with salt and pepper, if desired. Whisk in tarragon and basil.
4. Scatter leeks and Swiss chard over breadcrumbs in prepared pie dish. Dot cheese on top. Pour egg mixture into pie pan. Bake 20 to 25 minutes, until golden brown on top. Cool 5 minutes before slicing and serving.

PER SLICE: 159 CAL; 13 G PROT; 7 G TOTAL FAT (3 G SAT FAT); 11 G CARB; 169 MG CHOL; 226 MG SOD; 1 G FIBER; 3 G SUGARS

Stir-fried Tofu Bento Box with Sesame Soba Noodles and Ginger-Carrot Broccoli

SERVES 1

This recipe makes extra fried tofu that you can easily use to prepare the Spicy Banh Mi sandwich on p. 64.

- 1 oz. uncooked soba noodles
- 3 tsp. low-sodium tamari, divided
- 2 tsp. black or white sesame seeds
- ½ tsp. toasted sesame oil
- 2 Tbs. whole-wheat flour
- 2 tsp. garlic powder
- ½ block (6 oz.) extra-firm tofu, cut into ½-inch cubes
- 2 Tbs. nutritional yeast
- 1 cup frozen broccoli florets, thawed
- 2 Tbs. grated carrots
- 1 Tbs. finely minced fresh ginger
- ¼ cup frozen shelled edamame, thawed

1. Cook noodles in boiling salted water 4 minutes. Drain, rinse with cold water, and drain again. Toss with 1 tsp. tamari, sesame seeds, and sesame oil; season with white pepper to taste.
2. Stir together flour and garlic powder in medium bowl; add tofu, and toss to coat. Season with black pepper to taste.
3. Spray skillet with olive oil cooking spray; heat over medium-high heat, add tofu, and sauté 5 minutes, or until golden brown. Transfer to plate; sprinkle with 1 tsp. tamari; toss with nutritional yeast.
4. Return skillet to heat. Add 2 Tbs. water and remaining 1 tsp. tamari, then broccoli, carrots, and ginger. Cover, and simmer 3 minutes, or until broccoli is warmed through.
5. To assemble: Pack soba noodles in 1 section of bento box or portable container. Pack ½ cup tofu and ½ cup broccoli mixture in other sections, reserving remaining tofu and broccoli for use in other lunch dishes. Fill in last section with edamame. Refrigerate, uncovered, until all ingredients are chilled thoroughly. Cover box, and refrigerate until ready to serve.

PER SERVING: 430 CAL; 31 G PROT; 14 G TOTAL FAT (1 G SAT FAT); 53 G CARB; 0 MG CHOL; 926 MG SOD; 16 G FIBER; 4 G SUGARS V

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21 day Lunch Challenge

Spicy Banh Mi

STEP IT UP!

WHY WALK 30 MINUTES A DAY

- You'll cut your risk of heart disease, stroke, and type 2 diabetes. According to a Duke University study, just 30 minutes of walking a day six days a week was shown to reduce the risk of metabolic syndrome, a condition linked to all three deadly diseases.
- It's an instant mood lifter. Researchers at the University of Texas found that a 30-minute walk gave clinically depressed patients an immediate mood boost.
- You'll sleep better. Moderate daily exercise is a proven natural strategy for insomnia relief.
- It quells snack attacks. Walking helps you sleep, and quality sleep helps prevent next-day food cravings; poor sleep interferes with the appetite-regulating hormone leptin, thus increasing appetite.

Spicy Banh Mi

MAKES 1 LARGE SANDWICH | 30 MINUTES OR FEWER

You'll love this version of a Vietnamese street-food sandwich favorite. Fill with baked tofu, or substitute 1 cup leftover fried tofu cubes from the Stir-fried Tofu Bento Box recipe on p. 63.

- ¼ cup rice vinegar or apple cider vinegar
- 2 tsp. honey, agave nectar, or sugar
- ½–1 tsp. red pepper flakes
- ¼ cup shredded daikon radish
- ¼ cup shredded carrot
- 1 Vietnamese baguette or ½ French baguette, split in half lengthwise
- 1 Tbs. low-fat mayonnaise
- 1 tsp. red chile sauce, such as sriracha
- ¼ tsp. tamari or low-sodium soy sauce
- ½ cup baked Asian-flavored tofu, thinly sliced, or stir-fried tofu cubes (p. 63)
- 2 6-inch strips cucumber
- 6 sprigs cilantro
- 6 cherry tomatoes, thinly sliced
- 4 lettuce leaves, torn

1. Combine vinegar, honey, and red pepper flakes in small bowl. Add daikon radish and carrot, and stir to mix. Let stand 15 to 30 minutes, stirring occasionally.

2. Preheat oven to 350°F. Place baguette on baking sheet, and crisp 5 minutes in oven. Cool 2 to 3 minutes.

3. Spread mayonnaise on both sides of bread. Sprinkle with red chile sauce and tamari. Fill with tofu, cucumber, and cilantro. Drain carrot-radish mixture, and spread on sandwich. Top with tomatoes and lettuce, and season with salt and pepper, if desired. Press top half of baguette on sandwich, and slice sandwich in half.

PER SERVING (½ OF LARGE SANDWICH): 331 CAL; 20 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 43 G CARB; 0 MG CHOL; 722 MG SOD; 4 G FIBER; 7 G SUGARS

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Chickpea, Artichoke Heart, and Tomato Salad with Arugula

SERVES 2 | 30 MINUTES OR FEWER

The hearty ¾ cup serving of chickpeas in this salad packs about 11 grams of protein and 9 grams of fiber. Artichoke hearts, tomatoes, and baby arugula add a rainbow of antioxidants, including lycopene, beta-carotene, and vitamin C.

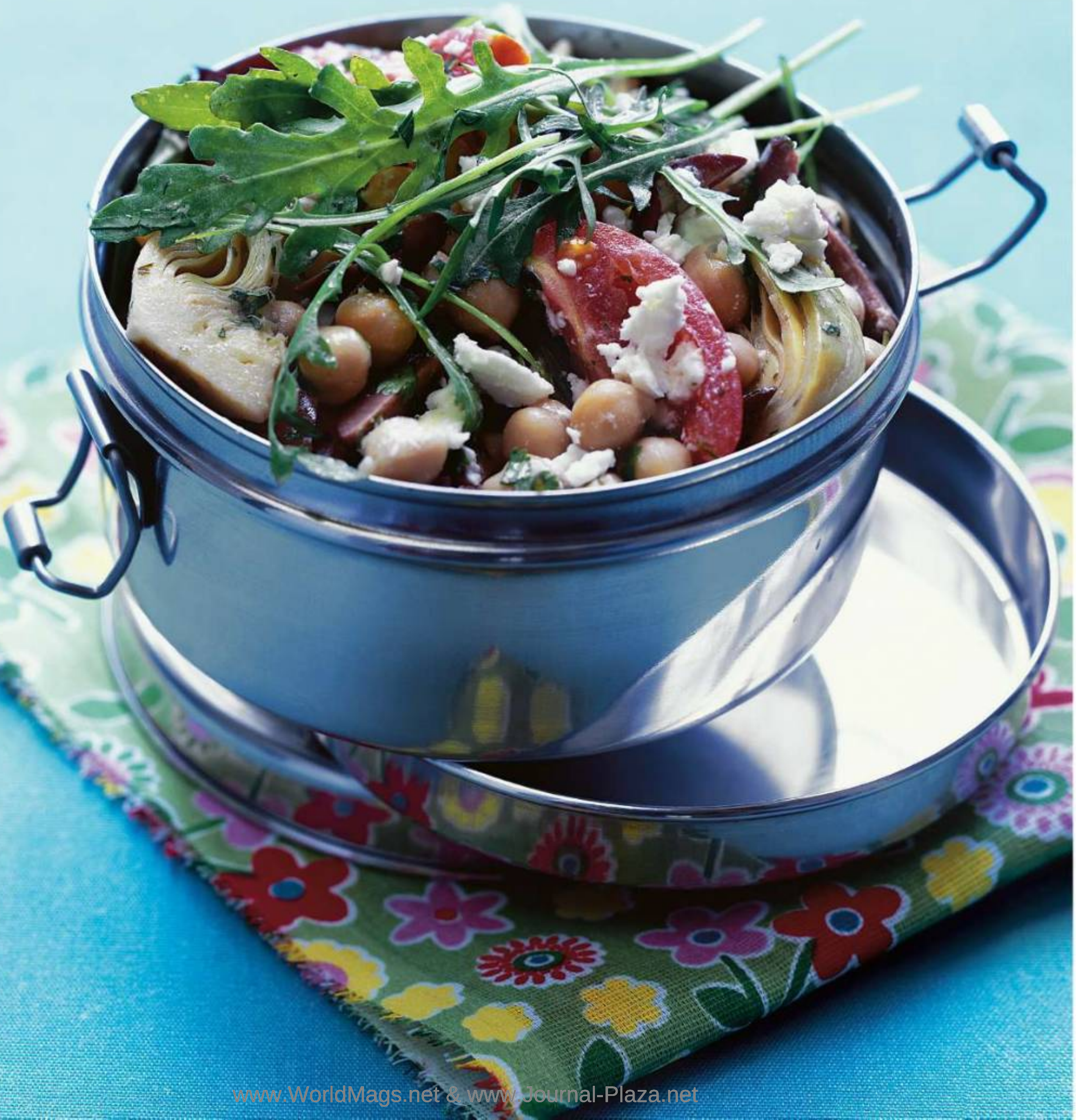
- 1½ cups cooked chickpeas or 1 15-oz. can chickpeas, rinsed and drained
- ½ 6-oz. jar water-packed artichoke hearts, rinsed, drained, and sliced
- ½ cup small pear or grape tomatoes, halved or quartered
- ⅓ cup chopped pitted kalamata olives, optional
- ¼ cup finely chopped fresh parsley
- ¼ cup prepared balsamic vinaigrette or Lemon-Basil Vinaigrette (recipe, p. 67)
- 2–3 drops sriracha sauce
- 2 cups baby arugula
- 1 oz. crumbled feta cheese, optional

1. Toss together chickpeas, artichoke hearts, tomatoes, olives (if using), and parsley in bowl.

2. Season vinaigrette with sriracha. Toss chickpea mixture with vinaigrette, then stir in arugula and feta, if using. Season with salt and pepper, if desired.

PER 1½-CUP SERVING: 345 CAL; 13 G PROT; 15 G TOTAL FAT (1 G SAT FAT); 43 G CARB; 13 MG CHOL; 749 MG SOD; 12 G FIBER; 9 G SUGARS GF

This filling salad will please your taste buds and keep you fueled through dinnertime.



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Grilled Vegetable Wrap

MAKES 2 WRAPS | 30 MINUTES OR FEWER

When you roast asparagus, bell pepper, and squash for this recipe, you'll be making extra veggies and squash that can be added to salads, pasta, or rice dishes later in the week.

- 12 thin asparagus spears, trimmed
- 1 small red bell pepper, cut into ½-inch strips (1 cup)
- 1 small yellow summer squash or zucchini, cut into ¼-inch-thick rounds (1 cup)
- 1 Tbs. olive oil
- ½ cup white beans
- 1 small clove garlic, minced (½ tsp.)
- ½ tsp. red chile sauce, such as sriracha
- 2 8-inch whole-grain tortillas
- 6 small whole basil leaves
- 8 thin slices red onion
- 1 cup baby arugula leaves

1. Preheat grill or broiler. Toss together asparagus, bell pepper, squash, and oil on large baking sheet. Season with salt and pepper, if desired. Grill or broil vegetables 4 to 6 minutes per side, turning once.

2. Mash together beans, garlic, and chile sauce in small bowl until smooth.

3. Spread half of bean mixture over each tortilla. Top each with 3 basil leaves, ½ cup roasted vegetables, 4 onion slices, and ½ cup arugula. Fold bottom third of tortillas over vegetables, and roll up tightly, tucking in sides as you go. Cut wraps in half on diagonal. Serve immediately, or wrap each half in foil or wax paper, and chill until ready to eat.

PER WRAP: 228 CAL; 11 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 51 G CARB; 0 MG CHOL; 419 MG SOD; 8 G FIBER; 3 G SUGARS V

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All-You-Can-Eat Salad with Lemon-Basil Vinaigrette

SERVES 4 | 30 MINUTES OR FEWER

This supernutritious salad is just what you want toward the end of the work week. Get creative with your favorite greens, and take advantage of the opportunity to throw in leftovers from other recipes, such as extra ginger-carrot broccoli from the bento box and roasted vegetables from the Grilled Vegetable Wrap.

SALAD

- 1 head leaf or red leaf lettuce, torn into bite-sized pieces, or 4 cups mesclun mix
- 1 small head radicchio, torn into bite-sized pieces (2 cups)
- ½ cup jicama cubes
- ½ cup fresh peas or frozen peas, thawed
- ½ cup slivered almonds

LEMON-BASIL VINAIGRETTE

- ¼ cup lemon juice
- 2 tsp. Dijon mustard
- 1 clove garlic, minced (1 tsp.)
- ¼ cup olive oil
- ¼ cup fresh basil leaves, finely chopped

1. To make Salad: toss together all ingredients in large bowl.
2. To make Lemon-Basil Vinaigrette: Whisk together lemon juice, mustard, and garlic in small bowl. Whisk in oil and basil.
3. To serve: top 2½ cups Salad with 1 Tbs. Lemon-Basil Vinaigrette.

PER SERVING: 185 CAL; 6 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 17 G CARB; 0 MG CHOL; 83 MG SOD; 7 G FIBER; 6 G SUGARS (V)

Black Bean & Toasted Corn Tacos

MAKES 4 TACOS | 30 MINUTES OR FEWER

Surprise! These brown-bag-friendly tacos are just as good chilled as they are served hot.

- 1 cup cooked black beans
- ½ cup prepared salsa
- 2 cloves garlic, minced (2 tsp.)
- 2½ tsp. ground cumin, divided
- 1 cup frozen corn kernels, thawed
- ¼ tsp. ground black pepper
- 4 6-inch corn tortillas
- 12 baby spinach leaves
- ½ cup jarred roasted red pepper strips
- ¼ cup coarsely chopped cilantro
- 2 small green onions, finely chopped (¼ cup)
- ¼ cup crumbled cotija or feta cheese, optional

1. Bring beans, salsa, garlic, and 1 tsp. cumin to a simmer in saucepan. Reduce heat to medium low, and cook 5 to 6 minutes, or until soft. Remove from heat, and mash with fork to crush beans for creamier filling, if desired.
2. Heat skillet over medium-high heat, and coat with olive oil cooking spray. Wrap corn in paper towels, and squeeze out excess water. Add corn to skillet in single layer, and sprinkle with remaining 1½ tsp. cumin, black pepper, and cayenne pepper to taste. Cook 5 to 10 minutes, or until golden and crispy, stirring frequently.
3. Preheat oven or toaster oven to 350°F. Toast tortillas in toaster oven 1 minute to soften. Alternately, bake tortillas on taco baking rack in oven 7 to 10 minutes, or until crisp. Fill each tortilla with ¼ cup beans, ¼ cup corn, 3 spinach leaves, red pepper strips, cilantro, and green onions. Top each taco with 1 Tbs. cheese, if using. Serve immediately, or pack into lunch container, and chill.

PER SERVING (2 TACOS): 362 CAL; 14 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 74 G CARB; 0 MG CHOL; 904 MG SOD; 14 G FIBER; 9 G SUGARS (GF)

As a nutrition-savvy chef and intuitive eating coach, Lisa Turner has spent years perfecting the art of the all-you-can-eat salad.

21 day Lunch Challenge

join us online

Hungry for more lunch fixes? Join us online **(vegetariantimes.com/lunchchallenge)** from May 10 through May 30. Here's how to make staying on a healthful path as easy as 1, 2, 3:

1. Sign up for *VT* food editor Mary Margaret Chappell's "My Vegetarian Times" newsletter for weekly updates on her experiences taking the challenge.
2. Bookmark the *VT* Editors' Blog as a favorite in your browser for a daily dose of Smart Bites—inspiration and advice to help you build a healthful lunch habit for life.
3. Find more fresh lunch recipes—one for every day of the challenge!

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B Is for Breakfast

No need to specially request a veg meal at any of these four picturesquely situated bed-and-breakfasts—their menus are completely meat-free. And even if you're planning a summer staycation, you can still re-create the breakfast part at home, courtesy of the recipe we serve up from each veg haven.

THE WHITE PIG BED & BREAKFAST AND ANIMAL SANCTUARY **Schuyler, Va.**

When an innkeeper volunteers for the nearby Thoroughbred Retirement Foundation (rehabilitating slaughter-bound race horses), you know she's serious about animal welfare. Dina Brigish's commitment to compassion is apparent throughout The White Pig Bed & Breakfast and Animal Sanctuary, but nowhere more than with the pony, two cats, four dogs, and 11 rescued potbellied pigs she's given a home on her farm. For its human guests, The White Pig provides a type of sanctuary too. The surrounding 170 acres of rolling Virginia forest and meadowland offer a natural buffer between you and a harried world, and there are plenty of ways to kick back: visit the pigs; schedule a massage; soak in the hot tub; amble the property's on-site trails; and, of course, linger over the homemade vegan breakfast served each morning in the bright farmhouse kitchen. While recharging your batteries, you're also helping keep the critters on the farm healthy and happy—proceeds from the B&B go toward maintaining the Animal Sanctuary. $160–$185; thewhitepig.com —*Mary Margaret Chappell*

The White Pig Blueberry Pancakes

SERVES 6 | 30 MINUTES OR FEWER

This recipe is adaptable to a variety of dietary needs, says White Pig proprietor Dina Brigish: you can substitute spelt or gluten-free flour, or use oat or almond milk in place of soymilk. At the B&B, these pancakes come to you hot off the griddle following a first-course soy yogurt parfait. Serve with pure maple syrup.

- 2 cups all-purpose flour
- 6 Tbs. Sucanat natural cane sugar
- 2 Tbs. nonaluminum baking powder, such as Rumford
- ¼ tsp. salt
- 2 cups unsweetened soymilk
- 2 cups blueberries

1. Whisk together flour, sugar, baking powder, and salt in large bowl. Slowly whisk in soymilk, adding more, if necessary, for a smooth, spreadable batter.

2. Coat large skillet or griddle with cooking spray, and heat over medium heat. Scoop ¼ cup batter into hot pan, and sprinkle with 2 Tbs. blueberries. Cook 3 to 4 minutes, or until batter begins to bubble and pancake edges start to brown. Flip, and cook 2 to 3 minutes more, or until cooked through and browned on both sides. Repeat with remaining batter and blueberries.

PER SERVING (2 PANCAKES): 259 CAL; 9 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 54 G CARB; 0 MG CHOL; 588 MG SOD; 2 G FIBER; 14 G SUGARS (V)

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FOOD PHOTOGRAPHY Lisa Romerein FOOD STYLING Valerie Aikman-Smith PROP STYLING Ann Johnstad

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STANFORD INN BY THE SEA Mendocino, Calif.

Perched on a hillside overlooking the Pacific, this serene eco-lodge also offers views of luxuriant coastal forests. Innkeepers Jeff and Joan Stanford's California certified-organic garden inspires the menu at the lodge's renowned veg-dining destination, the Ravens, where complimentary breakfasts feature savory, local flavors. $179–$748; stanfordinn.com —*Jolia Sidona Allen*

Stanford Inn Enchilada

SERVES 4

This recipe makes an extra 1½ cups of Salsa Cruda; try it on tempeh or polenta.

CHIPOTLE SALSA

- 1 Tbs. olive oil
- 1 small yellow onion, diced (1 cup)
- 1½ cloves garlic, minced (1½ tsp.)
- 1 Tbs. dried oregano, chopped
- 2 tsp. ground chipotle chile powder
- 1½ tsp. Sucanat natural cane sugar
- 1 tsp. ground black pepper
- 1 14.5-oz. can diced tomatoes

SALSA CRUDA

- 1½ lb. Roma tomatoes, diced (4 cups)
- 1 small red onion, diced (¾ cup)
- ½ cup chopped cilantro
- 2 Tbs. lime juice
- 1½ tsp. minced jalapeño chile

ENCHILADAS

- ⅔ cup quinoa
- 12 oz. fresh spinach leaves, rinsed
- 8 6-inch corn tortillas

1. To make Chipotle Salsa: Heat oil in saucepan over medium heat. Add onion; sauté 5 to 7 minutes, or until translucent. Add garlic; sauté 2 minutes. Add oregano, chipotle chile powder, sugar, and pepper; sauté 2 minutes more. Stir in tomatoes and ¾ cup water; reduce heat to medium-low. Simmer 20 minutes. Remove from heat, and purée until smooth in blender or food processor.
2. To make Salsa Cruda: Combine all ingredients in large bowl. Season with salt and pepper, if desired. Set aside.
3. To make Enchiladas: Bring quinoa and 1⅓ cups water to a boil in saucepan. Cover, reduce heat to medium-low, and simmer 15 minutes, or until water is absorbed.
4. Steam spinach in large skillet 3 to 4 minutes, or until wilted but still bright green. Drain excess liquid; keep warm.
5. Bring Chipotle Salsa to a simmer in skillet over medium-low heat. Dip tortillas, one at time, into Chipotle Salsa, turning to coat. Leave in skillet 3 minutes to soak. Cool slightly.
6. Set 1 tortilla on work surface; fill with ¼ cup each quinoa and spinach; roll up. Repeat with remaining tortillas, quinoa, and spinach. To serve, place 2 Enchiladas on each plate; top with ¼ cup Chipotle Salsa and ¼ cup Salsa Cruda.

PER SERVING: 368 CAL; 11 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 66 G CARB; 0 MG CHOL; 375 MG SOD; 10 G FIBER; 9 G SUGARS V GF

DEER RUN BED & BREAKFAST Big Pine Key, Fla.

Proprietors Harry Appel and Jennifer DeMaria have transformed this tropical island sanctuary for the tiny endangered Key deer into an eco-friendly hideaway. Mornings, settle inside a screened-in veranda overlooking the ocean for a full, sumptuous vegan breakfast. $235–$355; deerrunfloridabb.com —*Robyn Linn Weinstein*

Cranberry Burst Citrus Muffins

MAKES 12 MUFFINS

Feel free to substitute roughly chopped organic dried dates for the cranberries.

- 1 cup dried cranberries, chopped
- ¼ cup freshly squeezed orange juice
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. salt
- 2 Tbs. flaxseed meal
- ½ cup (1 stick) soy margarine, softened
- ⅔ cup organic unrefined sugar crystals, plus more for sprinkling
- 2 tsp. grated orange zest
- ½ cup plain soymilk, divided
- Confectioners' sugar for dusting, optional

1. Preheat oven to 350°F. Spray 12-cup muffin pan with cooking spray. Bring cranberries and orange juice to a simmer in small saucepan over medium heat. Remove from heat; let stand 15 minutes. Drain off excess liquid; set aside.
2. Sift together flour, baking powder, and salt into medium bowl. Set aside. Whisk 6 Tbs. water into flaxseed meal in small bowl. Set aside.
3. Cream margarine, sugar crystals, and orange zest with electric mixer 2 minutes, or until fluffy. Beat in flaxseed mixture. Fold one-third of flour mixture into margarine mixture. Stir in ¼ cup soymilk. Repeat, ending with flour mixture. Fold in cranberries.
4. Divide batter evenly among prepared muffin cups; sprinkle with sugar crystals. Bake 25 to 30 minutes, or until tops are golden brown. Cool in muffin pan set on wire rack. Dust with confectioners' sugar, if using.

PER MUFFIN: 229 CAL; 3 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 37 G CARB; 0 MG CHOL; 207 MG SOD; 2 G FIBER 18 G SUGARS V

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Tofu Mimosa

THE GENTLE GOURMET Paris

Tucked into a quiet corner of the City of Lights, this B&B is a mere 10-minute stroll from the Champs Élysées. Proprietor Deborah Brown-Pivain greets guests to her Art Deco apartment with a steaming pot of tea in one hand and a plate of fresh-baked muffins in the other. The vegan breakfasts are filling enough to fuel your exploration through all eight departments of the Louvre. €155 (about $210); gentlegourmetbandb.com —*Aurelia d'Andrea*

EVA ZEISEL DINNERWARE, FROM CRATEANDBARREL.COM
PARIS STREET: TOMOKO YASUDA

Tofu Mimosa

SERVES 4

Topped with a lemony Hollandaise sauce, this variation of tofu Benedict takes its name from the aromatic, lemon-yellow blooms of the mimosa tree common throughout the French Mediterranean.

MARINATED TOFU

- 1 16-oz. pkg. firm tofu, drained and cut into 4 slabs
- 1 cup low-sodium vegetable broth
- 3 Tbs. olive oil, plus more for cooking
- 2 Tbs. white wine vinegar
- 4 tsp. low-sodium soy sauce
- 1 Tbs. chopped fresh tarragon
- 2 tsp. Dijon mustard
- 1 tsp. liquid smoke
- 1 tsp. cornstarch

HOLLANDAISE SAUCE

- 1½ tsp. olive oil
- 1 large shallot, finely minced (2 Tbs.)
- 2 Tbs. dry white wine
- 1½ tsp. white wine vinegar
- 1 cup unsweetened soy or almond milk
- 1½ tsp. cornstarch
- ¼ tsp. ground turmeric
- ¼ vegan bouillon cube
- 1½ tsp. lemon juice

MIMOSA

- 2 Tbs. olive oil, divided
- ½ lb. fresh morels or shiitake mushrooms, stems removed, heads quartered
- 2 English muffins, such as Food for Life, split in half and toasted
- 12 spears steamed asparagus
- Chopped fresh parsley, tarragon, and chives for garnish, optional

1. To make Marinated Tofu: Cut tofu slabs into rounds with knife or large biscuit cutter. Reserve tofu scraps for another use. Combine remaining ingredients in glass baking dish. Add tofu to marinade, cover, and chill overnight.
2. To make Hollandaise Sauce: Heat oil in skillet over medium heat. Sauté shallot in oil 2 to 4 minutes, or until softened. Add white wine and vinegar, and bring to a boil, stirring frequently.
3. Whisk together soymilk, cornstarch, turmeric, and bouillon cube in saucepan; warm over medium heat. Whisk soymilk mixture into shallot mixture; cook 3 to 4 minutes, or until thickened. Whisk in lemon juice, and season with salt and pepper, if desired. Keep warm.
4. To make Mimosa: Heat 1 Tbs. oil in skillet over medium heat. Add morels; cook 5 to 7 minutes, or until most of liquid has evaporated. Season with salt and pepper, if desired. Remove; keep warm.
5. Wipe out skillet; heat remaining 1 Tbs. oil in skillet over medium heat. Drain Marinated Tofu circles; sauté 3 to 4 minutes on each side, or until browned.
6. To serve: Place 1 English muffin half in center of each plate. Top with Marinated Tofu circle, morels, and 3 asparagus spears. Drizzle each serving with 2 Tbs. Hollandaise Sauce. (You'll have about ¼ cup Hollandaise Sauce left over.) Sprinkle with chopped herbs, if using.

PER MIMOSA: 305 CAL; 16 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 24 G CARB; 0 MG CHOL; 152 MG SOD; 6 G FIBER; 2 G SUGAR

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 BY Ilana Eck

beets

Now's the time to savor summer's rooty beauties

NUTRITIONAL PROFILE

½ CUP COOKED, SLICED BEETS CONTAINS:

- 37 CALORIES
- 1 MG IRON
- 68 MCG FOLATE
- 259 MG POTASSIUM

What's the brightest way to jazz up healthful summer recipes? Just add beets! June to October is the best time to buy this rough-skinned root vegetable—and certainly the easiest time to find locally grown beets and heirloom varieties such as snowy white albino, amber-colored golden, or candy-striped Chioggias. Plus, there are so many ways to enjoy them. Serve roasted beets in place of potatoes. Grate raw beets into a slaw the way you would carrots. Toss steamed beet slices with vinegar or lemon juice, and use as a salad topping or sandwich filling. You can even substitute puréed beets for applesauce in low-fat baked goods, such as the moist Red Velvet Brownies on p. 74.

PHOTOGRAPHY Richard Jung FOOD STYLING Lorna Brash PROP STYLING Roisin Nield

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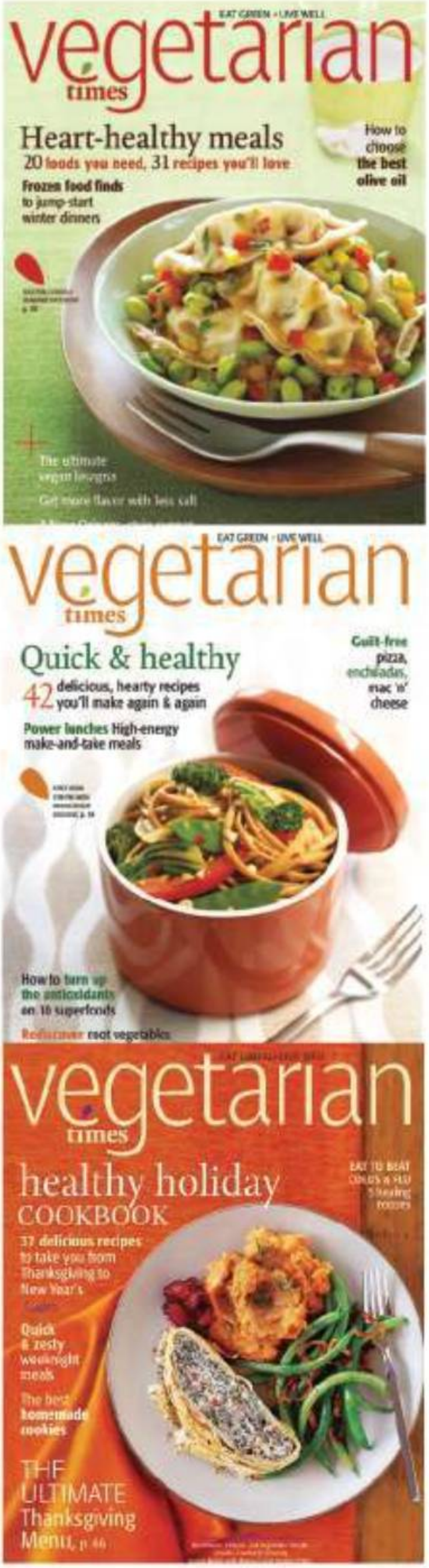

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Jewel-tone Pancakes with Creamy Yogurt-Dill Sauce

SERVES 8 | 30 MINUTES OR FEWER

Similar to a potato pancake, a beautiful beet pancake topped with dilled yogurt sauce makes a great appetizer, or you can serve two or three as a light entrée. The batter will look loose at first, but after a few minutes the pancakes will be sturdy enough to flip.

YOGURT-DILL SAUCE

- 6 oz. plain nonfat Greek yogurt
- 2 Tbs. chopped fresh dill
- 2 Tbs. lemon juice
- 1 small clove garlic, chopped
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

PANCAKES

- 3 medium beets (1 lb.), trimmed and scrubbed
- 2 medium carrots (6 oz.)
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. salt
- 1 large egg plus 2 large egg whites, beaten

1. To make Yogurt-Dill Sauce: Whisk together yogurt, dill, lemon juice, garlic, salt, and pepper in small bowl. Refrigerate until ready to use, up to 3 days.

2. To make Pancakes: Preheat oven to 250°F. Coat baking sheet with cooking spray, and set aside. Shred beets and carrots in food processor fitted with grating blade, or grate with box grater. Place beet-carrot mixture in large bowl, and toss with garlic and salt. Add egg and egg whites, and mix well.

3. Lightly spray large nonstick skillet with cooking spray, and heat over medium-high heat. Drop ¼ cup beet mixture into skillet, and flatten slightly to form 3-inch-diameter pancake. Repeat, forming 3 other pancakes in pan. Cook 4 minutes, or until undersides are golden brown. Flip pancakes, and cook 3 minutes more. Respray pan, and repeat process with remaining batter, keeping prepared pancakes warm in oven. Drizzle with Yogurt-Dill Sauce, and serve immediately.

PER SERVING (1 PANCAKE AND 2 TBS. SAUCE): 44 CAL; 4 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 27 MG CHOL; 342 MG SOD; <1 G FIBER; 4 G SUGARS GF

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Red Velvet Brownies

2. Blend vinegar, oil, mustard, agave nectar, garlic, chipotle chile, and salt in food processor until smooth. Add to beet mixture, and toss to coat.

PER 3/4-CUP SERVING: 108 CAL; <1 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 11 G CARB; 0 MG CHOL; 336 MG SOD; 1 G FIBER; 8 G SUGARS V GF

Red Velvet Brownies

MAKES 16 BROWNIES

The natural sweetness and thick texture of beets keep these brownies tender.

- 2 large cooked beets or 1 14-oz. can beets, rinsed and drained
- ½ cup unsalted butter (1 stick), melted
- 1 cup sugar
- 1 tsp. vanilla extract
- 2 large eggs
- ½ cup all-purpose flour
- ¼ cup plus 2 Tbs. unsweetened cocoa powder
- 1 Tbs. instant espresso powder
- ½ cup mini chocolate chips

1. Preheat oven to 350°F. Coat 9-inch square baking dish with cooking spray.
2. Purée beets in food processor until smooth, scraping down sides as necessary. You should have 1 cup. Set aside.
3. Whisk together butter and sugar in bowl until smooth. Add vanilla, then whisk in eggs, one at a time. Stir in beets.
4. Whisk together flour, cocoa powder, and espresso powder in separate bowl. Fold flour mixture into beet mixture until just combined. Stir in chocolate chips. Pour into prepared pan.
5. Bake 30 minutes, or until toothpick inserted into center comes out almost clean. Cool, then cut into 16 squares.

PER BROWNIE: 161 CAL; 2 G PROT; 8 G TOTAL FAT (5 G SAT FAT); 21 G CARB; 42 MG CHOL; 17 MG SOD; 1 G FIBER; 16 G SUGARS

Firecracker Beet Slaw

SERVES 6 | 30 MINUTES OR FEWER

This slaw gets a smoky kick from canned chipotle chiles.

- 3 raw beets, peeled and shredded (3 cups)
- 1 Granny Smith apple, shredded (1 cup)
- 4 green onions, thinly sliced (½ cup)
- ⅓ cup apple cider vinegar
- 3 Tbs. olive oil
- 2 Tbs. Dijon mustard
- 1 Tbs. agave nectar or 2 Tbs. sugar
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. minced canned chipotle chile in adobo sauce
- ½ tsp. salt

1. Toss together beets, apple, and green onions in bowl.

Napa Cabbage Salad with Borscht Vinaigrette

SERVES 6

Cool, creamy borscht made with horseradish and sour cream was the inspiration for the rosy pink dressing on this salad. For a faster version, try using the vacuum-packed cooked beets sold in the produce section of the supermarket.

- 3 medium raw beets (1 lb.)
- 1 Tbs. red wine vinegar or cider vinegar
- ¼ cup plain nonfat yogurt
- 2 Tbs. olive oil
- 2 Tbs. prepared horseradish
- 1 small head napa cabbage, thinly sliced (8 cups)
- 1 small bulb fennel, thinly sliced
- 4 green onions, thinly sliced (½ cup)
- 2 Tbs. slivered almonds

1. Cook beets in boiling salted water in medium saucepan 30 minutes, or until tender when pierced with fork. Drain, and rinse under cold water. Peel by rubbing skins off while submerged in large bowl of cold water. Drain.
2. Cut 2 beets into ½-inch dice, and set aside. Cut remaining beet into quarters, and blend in food processor 1 minute, or until finely chopped. Add vinegar, and pulse 30 seconds more. Add yogurt, oil, and horseradish, and blend 3 to 4 minutes, or until smooth and pink. Season with salt and pepper, if desired.
3. Toss together cabbage, fennel, and green onions in bowl. Divide cabbage mixture among serving plates, and sprinkle each serving with ⅓ cup diced beets and 1 tsp. slivered almonds. Drizzle 2 Tbs. vinaigrette over each serving.

PER 1⅓-CUP SERVING: 103 CAL; 3 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; <1 MG CHOL; 124 MG SOD; 3 G FIBER; 5 G SUGARS GF

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Perfect Roasted Beets with Orange Slices

SERVES 6

The only thing roasted beets need is a light vinaigrette to be absolutely perfect. When making this recipe, roast a few extra beets to use in salads and sandwiches or in other beet dishes. Try the recipe with Chioggia or golden beets as well.

- 4 medium beets (1¼ lb.), trimmed and scrubbed
- 2 medium oranges
- 1 Tbs. sherry vinegar
- 2 Tbs. lemon juice
- ½ tsp. salt
- 2 Tbs. olive oil

1. Preheat oven to 400°F. Wrap each unpeeled beet individually in foil. Place on baking sheet, and roast 40 minutes, or until beets are tender enough to be pierced with knife. Cool until easy to handle.
2. Grate ½ tsp. zest from 1 orange; set zest aside. Trim ends away from both oranges, stand fruit upright, and remove peel and pith with knife. Hold fruit over bowl (to catch juice), and cut segments from membranes. Cut each segment in half, and place in separate bowl.
3. Whisk together 2 Tbs. orange juice (in bowl), vinegar, orange zest, lemon juice, and salt. Gradually whisk in oil.
4. Peel beets by rubbing off skin under cold running water. Cut beets into 1-inch pieces, and add to bowl with orange segments. Top with vinaigrette, and toss well. Chill several hours, or up to 2 days.

PER ¾-CUP SERVING: 108 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 16 G CARB; 0 MG CHOL; 264 MG SOD; 3 G FIBER; 12 G SUGARS

Roasting beets concentrates their rich, earthy flavor while keeping them firm and almost potato-like in texture.

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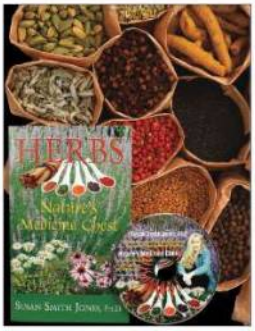

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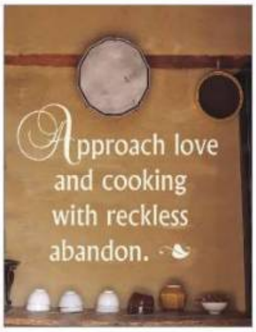

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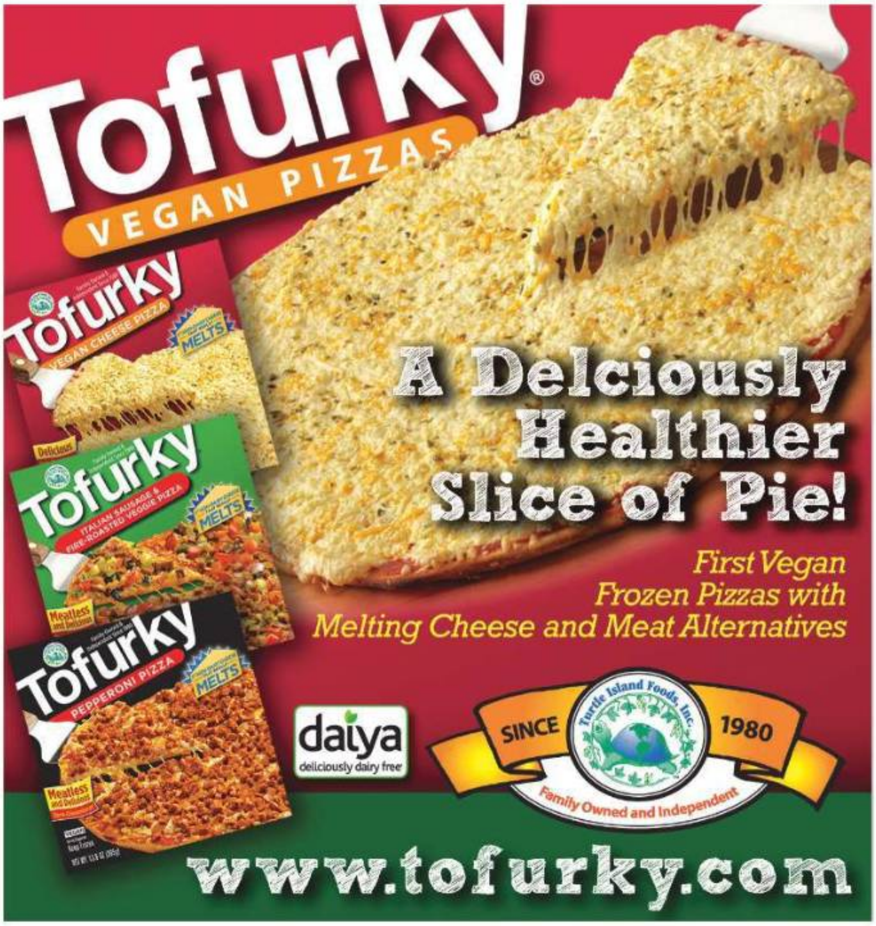

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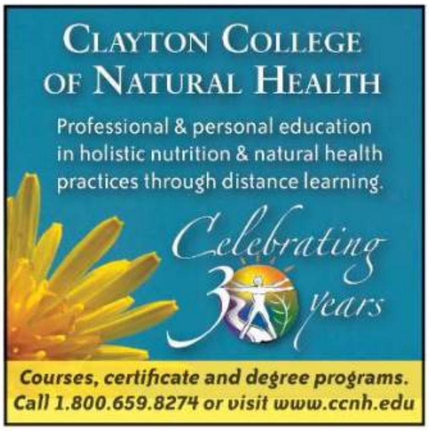

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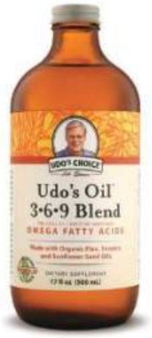

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VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	Recipe
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						SALADS
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Throughout this issue, vegan and/or gluten-free recipes are tagged with V and GF symbols. Look for these symbols at the end of each recipe, with the nutritional information.

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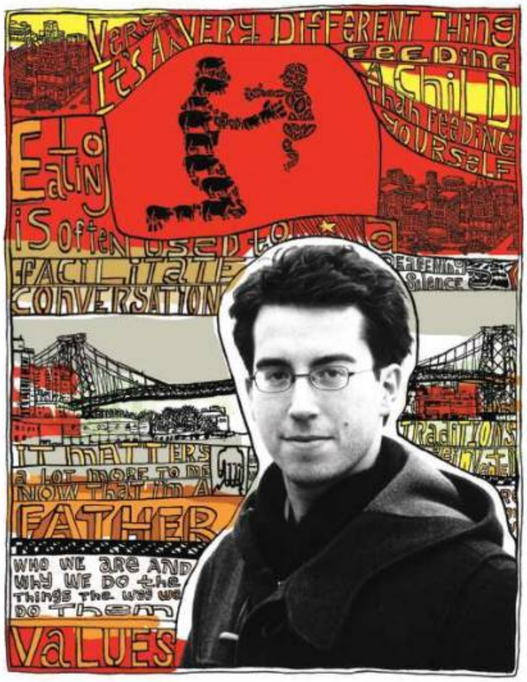
BY Ross Simonini



Jonathan Safran Foer

A novelist turns his pen to investigative journalism

After publishing two novels, beginning with the widely acclaimed *Everything Is Illuminated,* Jonathan Safran Foer delves into the subject of factory farming for his first nonfiction book, *Eating Animals.* An on-again, off-again vegetarian since childhood, Foer began to reconsider his position in 2006, when the birth of his son, Sasha, prompted the question: "What do I feed my child?" *VT* spoke with Foer, 32, by phone as he walked the streets of Brooklyn, N.Y., where he lives.

Q How did starting a family cause you to reconsider eating meat?

A It's a very, very different thing feeding a child than feeding yourself. I'll eat a lunch of only French fries, but I don't want that for my son. I want food to be better than that for him. I want it to taste better and to be a more significant thing. But there's more to it than that. The environmental effects are so stark: on rural communities, on human health, on animals. It just matters, and it feels, to me, like it matters a lot more now that I'm a father.

Q People often consider vegetarianism to be solely an "animal rights" issue. How can we shift our language to realize that it's a human rights issue as well?

A Why was there such an active effort to refer to swine flu as H1N1? Because we wanted to distance ourselves from that connection. We know where the flu came from: it came from factory farms in North Carolina. The link between flu pandemics and animal agriculture is not an opinion. It's a well-documented fact by scientific organizations that have no interest whatsoever in promoting vegetarianism. It's a case of language needing to do a better job.

Q How are people's diets affected by the language used to talk about food?

A One of the fastest-growing sectors in the food industry is cage-free eggs. People want to know that the hens producing the eggs they're eating had decent lives. The industry takes "cage-free" as literally as they possibly can, which is to say the animal is literally not in a cage. But 30,000 birds in a single room—where the space allotted each one isn't any more than in a cage—is simply not what people have in mind when they go out of their way to buy cage-free. Labeling needs to be more accurate.

Q In *Eating Animals,* you talk about food, especially meat, in the context of tradition. How can traditions be reinvented so that they don't further distance us from, as you say, what's at the end of our fork?

A Eating is often used to facilitate conversation about what our values are. That's what's so great about ritual. The turkey at Thanksgiving isn't important because it's a turkey, it's important because it's a symbol that makes us think about the past, about how great it is to be American, about what we're grateful for. But Thanksgiving could be an opportunity to serve a conversation that maybe isn't served as often as it could be—about who we are and why we do things the way we do. The absence of a turkey is a much better vehicle for that conversation than the presence of one.

Q Will you continue to write about food ethics?

A I don't think I'll ever write nonfiction again, actually. Factory farming is just a topic I care deeply about, and I don't think there's a problem in the world as important that has such a deafening silence around it. I wanted to do my own little part to fill that silence.

New York–based writer and musician Ross Simonini admires Jonathan Safran Foer's insights into our relationship with language.

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